



Chocolate-Chestnut Pastries

READY IN



45 min.

SERVINGS



8

CALORIES



588 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounce semisweet chocolate baking bar coarsely chopped
- 0.5 pound honey whole shelled ()
- 8 servings garnishes: chocolate shavings
- 1 cup milk
- 10 ounce puff pastry shells frozen thawed
- 2 tablespoons rum
- 1 cup sugar
- 1.3 cups whipping cream

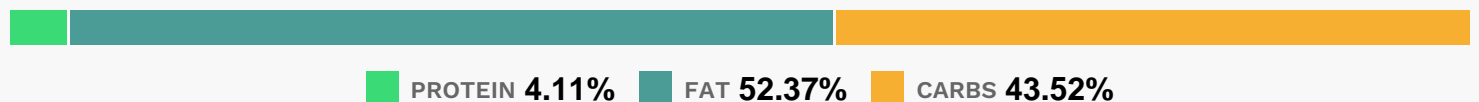
Equipment

- food processor
- bowl
- sauce pan
- hand mixer
- microwave

Directions

- Prepare pastry shells according to package directions; set aside.
- Bring chestnuts, 1 cup sugar, and 1 cup milk to a boil in a small saucepan, stirring until sugar dissolves; reduce heat, and simmer 30 minutes or until chestnuts are tender and mixture thickens.
- Microwave chocolate in a glass bowl at HIGH 30 seconds to 1 minute or until melted, stirring once.
- Remove chestnut mixture from heat. Stir in melted chocolate and rum.
- Process chestnut mixture, in batches, in a food processor until smooth, stopping to scrape down sides. Cool completely.
- Beat cream at medium speed with an electric mixer until soft peaks form. Gently fold whipped cream into chestnut mixture. (
- Mixture will be soft.) Cover and chill at least 1 hour.
- Spoon mixture into prepared pastry shells.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:33.41, Inflammation Score:-6, Nutrition Score:10.159565127414%

Nutrients (% of daily need)

Calories: 588.33kcal (29.42%), Fat: 34.15g (52.54%), Saturated Fat: 15.95g (99.67%), Carbohydrates: 63.84g (21.28%), Net Carbohydrates: 62.09g (22.58%), Sugar: 33.34g (37.04%), Cholesterol: 46.59mg (15.53%), Sodium: 112.24mg (4.88%), Alcohol: 1.25g (100%), Alcohol %: 0.91% (100%), Caffeine: 13.05mg (4.35%), Protein: 6.03g (12.07%), Manganese: 0.47mg (23.63%), Copper: 0.36mg (17.76%), Selenium: 11.7µg (16.71%), Vitamin B1: 0.21mg (14.1%), Vitamin C: 11.62mg (14.08%), Vitamin B2: 0.23mg (13.48%), Phosphorus: 124.01mg (12.4%), Vitamin A: 611.38IU (12.23%), Iron: 2.18mg (12.13%), Magnesium: 47.15mg (11.79%), Folate: 45.57µg (11.39%), Vitamin B3: 1.97mg (9.86%), Potassium: 326.52mg (9.33%), Calcium: 80.65mg (8.06%), Vitamin K: 8.08µg (7.69%), Vitamin B6: 0.14mg (7.2%), Fiber: 1.75g (6.98%), Zinc: 0.95mg (6.31%), Vitamin D: 0.93µg (6.2%), Vitamin E: 0.64mg (4.26%), Vitamin B12: 0.25µg (4.19%), Vitamin B5: 0.39mg (3.89%)