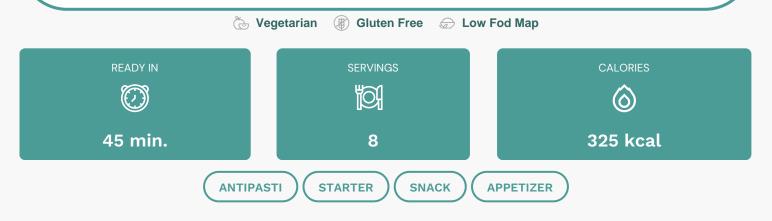


Dan Roman's Buttery Roasted Chestnuts in Foil



Ingredients

8 servings pepper black freshly ground
2 pounds honey fresh
2 teaspoons kosher salt ()
1 pinch nutmeg freshly grated
2 sprigs rosemary
0.5 cup butter unsalted melted (1 stick)

Equipment

	bowl	
	baking sheet	
	oven	
	knife	
	aluminum foil	
Directions		
	Preheat oven to 425°F.	
	Place a large sheetof foil on a rimmed baking sheet.	
	Placechestnuts, flat side down, on a work surface. Using a utility knife or a sharp paring knife, carefully cut through the shell on the rounded side of each chestnut to score an X. Soak in a bowl of hot water for 1 minute (this helps them steam while roasting).	
	Drain chestnuts and pat dry; place in amedium bowl.	
	Add rosemary, butter, 2 teaspoonssalt, and nutmeg. Season with pepper andtoss to thoroughly coat. Arrange chestnutsin a single layer in center of foil (a few mightoverlap) and gather up edges of foil aroundchestnuts, leaving a large opening on top.	
	Roast until the peel begins to curl upand chestnuts are cooked through, 30-45minutes, depending on size and age of nuts.	
	Transfer chestnuts to a platter, using aspatula to scrape in any butter and spiceswith them, and toss to coat. Season withmore salt, if desired.	
	Serve hot or warm.	
	Nutrition Facts	
PROTEIN 2.44% FAT 35.86% CARBS 61.7%		
TROTEIN 2.4470 TAI 00.0070 OARSO 01.170		
Properties		

Glycemic Index:28.25, Glycemic Load:27.09, Inflammation Score:-5, Nutrition Score:9.3543477680372%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 324.97kcal (16.25%), Fat: 12.98g (19.97%), Saturated Fat: 7.59g (47.44%), Carbohydrates: 50.24g (16.75%), Net Carbohydrates: 50.18g (18.25%), Sugar: 0.04g (0.05%), Cholesterol: 30.5mg (10.17%), Sodium: 585.25mg (25.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin C: 45.61mg (55.28%), Copper: 0.48mg (23.97%), Vitamin B6: 0.4mg (20.03%), Manganese: 0.4mg (20%), Folate: 66.39µg (16.6%), Potassium: 554.38mg (15.84%), Vitamin B1: 0.16mg (10.98%), Magnesium: 34.77mg (8.69%), Vitamin A: 385.49IU (7.71%), Vitamin B3: 1.26mg (6.29%), Iron: 1.09mg (6.08%), Vitamin B5: 0.56mg (5.57%), Phosphorus: 46.94mg (4.69%), Zinc: 0.57mg (3.83%), Calcium: 26.3mg (2.63%), Vitamin E: 0.33mg (2.2%), Vitamin D: 0.21µg (1.42%), Vitamin B2: 0.02mg (1.37%), Vitamin K: 1.16µg (1.1%)