



Dan Roman's Buttery Roasted Chestnuts in Foil



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



325 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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)

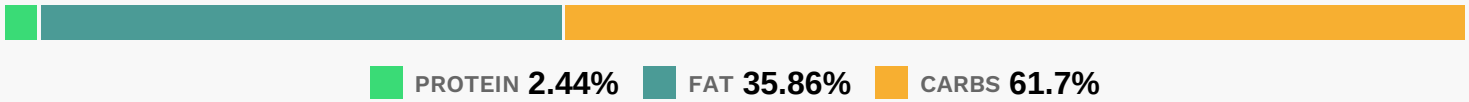
Equipment

- ☐ 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 therounded side of each chestnut to score anX. 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



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, 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%)