



WHATSheATE



How to Roast and Peel Chestnuts



Vegetarian



Vegan



Dairy Free



Popular

READY IN



105 min.

SERVINGS



1

CALORIES



970 kcal

SIDE DISH

Ingredients



1 sheets baking mix



1 serving bread



1 lb honey raw

Equipment



baking sheet



sauce pan



sieve



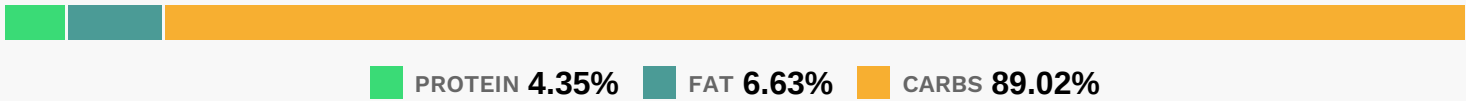
slotted spoon

- ☐ cutting board
- ☐ bread knife

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ How to Roast and Peel Chestnuts
- ☐ You will need1 lb raw chestnuts, in shell
- ☐ Serrated bread knife
- ☐ Cutting board
- ☐ Saucepan
- ☐ Mesh strainer or slotted spoon
- ☐ Baking sheet
- ☐ Prep Time: 45 Minutes
- ☐ Cook Time: 15 Minutes
- ☐ Total Time: 1 Hour 45 Minutes
- ☐ Servings: 1 lb roasted chestnuts
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:112.67, Glycemic Load:115.34, Inflammation Score:-8, Nutrition Score:33.127825718697%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 970.04kcal (48.5%), Fat: 7.09g (10.91%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 214.28g (71.43%), Net Carbohydrates: 213.14g (77.51%), Sugar: 1.72g (1.91%), Cholesterol: 0.02mg (0.01%), Sodium: 154.27mg (6.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.94%), Vitamin C: 182.4mg (221.09%), Copper: 1.94mg (96.95%), Manganese: 1.86mg (93.06%), Vitamin B6: 1.63mg (81.42%), Folate: 288.13µg (72.03%), Potassium: 2236.5mg (63.9%), Vitamin B1: 0.77mg (51.6%), Magnesium: 147.81mg (36.95%), Vitamin B3: 6.61mg (33.05%), Iron: 5.3mg (29.44%), Vitamin B5: 2.4mg (23.98%), Phosphorus: 214.34mg (21.43%), Zinc: 2.52mg (16.8%), Calcium: 122.97mg (12.3%), Selenium: 8.14µg (11.63%), Vitamin B2: 0.15mg (8.68%), Fiber: 1.14g (4.56%), Vitamin A: 118.53IU (2.37%), Vitamin K: 1.44µg (1.37%)