



Roasted Chestnuts

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



315 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds pie crust dough whole
- ☐ 1 teaspoon vegetable oil
- ☐ 0.3 cup water

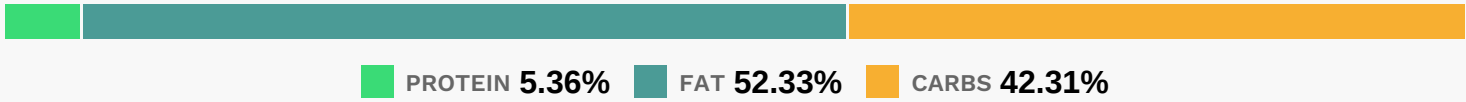
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ stove

Directions

- ☐ Make a large X in each chestnut with chestnut knife or a sharp paring knife, cutting through shell. Toss chestnuts with oil in a bowl.
- ☐ Heat dry skillet over moderately low heat until hot, then roast chestnuts in skillet on stovetop, covered, stirring every few minutes, for 15 minutes total.
- ☐ Add water and continue to roast, covered, stirring occasionally, until water is evaporated and chestnuts are tender, about 5 minutes more.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.5747825947955%

Nutrients (% of daily need)

Calories: 314.92kcal (15.75%), Fat: 18.19g (27.98%), Saturated Fat: 5.62g (35.12%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 31.38g (11.41%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 278.57mg (12.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Manganese: 0.3mg (15.04%), Vitamin B1: 0.19mg (12.47%), Folate: 47.63µg (11.91%), Iron: 1.77mg (9.83%), Vitamin B3: 1.84mg (9.19%), Vitamin B2: 0.12mg (6.8%), Fiber: 1.7g (6.8%), Selenium: 3.88µg (5.54%), Vitamin K: 5.79µg (5.52%), Phosphorus: 48.99mg (4.9%), Vitamin B5: 0.28mg (2.76%), Copper: 0.05mg (2.6%), Magnesium: 10.27mg (2.57%), Vitamin E: 0.35mg (2.33%), Zinc: 0.31mg (2.05%), Potassium: 66mg (1.89%), Vitamin B6: 0.03mg (1.7%), Calcium: 13.1mg (1.31%)