



## Roasted Chestnuts

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



432 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter
- 1 pound honey
- 1 pinch ground cinnamon
- 3 servings salt to taste

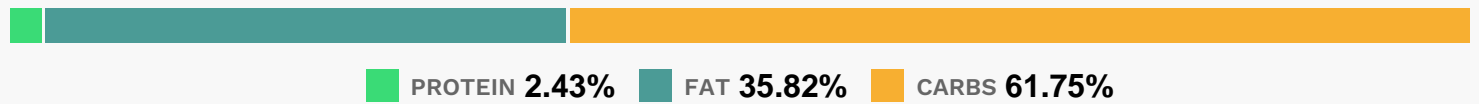
### Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cut a 1/2 inch crisscross on the flat side of each nut. Be sure to cut through the shell to prevent the nut from exploding.
- Place the nuts in a shallow baking pan and bake for 25 to 30 minutes.
- Allow to cool and peel off the shell.
- Place nuts in a skillet with butter and saute over high heat until the butter is melted and the chestnuts are well coated.
- Place skillet in oven and roast until they are golden on top.
- Sprinkle with salt and cinnamon.

## Nutrition Facts



## Properties

Glycemic Index:36.33, Glycemic Load:36.07, Inflammation Score:-6, Nutrition Score:12.292608654369%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 432.14kcal (21.61%), Fat: 17.23g (26.51%), Saturated Fat: 10.08g (62.99%), Carbohydrates: 66.85g (22.28%), Net Carbohydrates: 66.81g (24.3%), Sugar: 0.01g (0.01%), Cholesterol: 40.67mg (13.56%), Sodium: 318.45mg (13.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Vitamin C: 60.78mg (73.68%), Copper: 0.63mg (31.62%), Vitamin B6: 0.53mg (26.64%), Manganese: 0.52mg (26.01%), Folate: 88.27µg (22.07%), Potassium: 736.66mg (21.05%), Vitamin B1: 0.22mg (14.58%), Magnesium: 45.78mg (11.45%), Vitamin A: 512.24IU (10.24%), Vitamin B3: 1.67mg (8.38%), Iron: 1.43mg (7.96%), Vitamin B5: 0.74mg (7.41%), Phosphorus: 62.04mg (6.2%), Zinc: 0.76mg (5.06%), Calcium: 34.06mg (3.41%), Vitamin E: 0.44mg (2.94%), Vitamin B2: 0.03mg (1.8%), Vitamin K: 1.35µg (1.28%)