



Sautéed Chestnuts, Onions, and Bacon



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound pancetta
- ☐ 1 pound pearl onions
- ☐ 1 pound roasted chestnuts jarred peeled (vacuum-packed*, without sugar*, or freshly roasted)
- ☐ 2 tablespoons honey
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon flat-leaf parsley leaves fresh chopped for garnish

Equipment

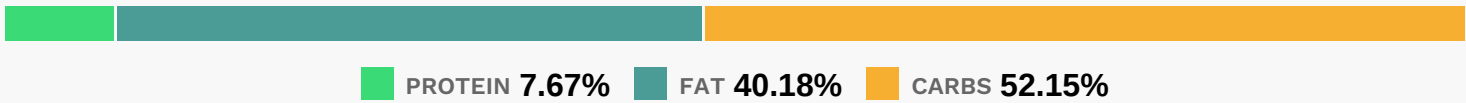
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Cook the bacon: In a large skillet, cook the bacon over medium-low heat, stirring often, until the fat has rendered and the meaty bits start to crisp, about 12 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Blanch and peel the onions: Meanwhile, fill a bowl with ice and water and set aside. Bring a medium saucepan of water to a boil. Drop in the onions and blanch for 30 seconds. Scoop them out with a slotted spoon and plop them into the ice water. To peel the onions, snip off the tip and remove the papery outer layers. Set aside the onions.
- ☐ Sauté onions in bacon fat: Raise the heat under the skillet to medium, plonk in the onions, and sauté in the bacon fat, stirring occasionally, until spotted with brown and cooked through, 8 to 10 minutes.
- ☐ Add the chestnuts, cooked bacon, and honey and toss to warm through, being careful not to break the nuts--they're fragile.
- ☐ Season with salt and plenty of pepper and then scoop into a decorate bowl.
- ☐ Sprinkle with the parsley.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:22.62, Inflammation Score:-6, Nutrition Score:10.682173972544%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg

Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 357.81kcal (17.89%), Fat: 16.03g (24.66%), Saturated Fat: 5.24g (32.73%), Carbohydrates: 46.81g (15.6%), Net Carbohydrates: 45.46g (16.53%), Sugar: 8.96g (9.95%), Cholesterol: 24.95mg (8.32%), Sodium: 255.44mg (11.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.77%), Vitamin C: 36.91mg (44.74%), Vitamin B6: 0.46mg (23%), Manganese: 0.38mg (18.76%), Copper: 0.37mg (18.31%), Vitamin B1: 0.25mg (16.58%), Potassium: 559.78mg (15.99%), Folate: 59.38µg (14.85%), Vitamin B3: 2.46mg (12.3%), Selenium: 8.04µg (11.48%), Vitamin K: 11.4µg (10.86%), Phosphorus: 105.91mg (10.59%), Magnesium: 35.42mg (8.85%), Vitamin B5: 0.67mg (6.71%), Zinc: 0.97mg (6.46%), Iron: 1.1mg (6.14%), Fiber: 1.35g (5.39%), Vitamin B2: 0.07mg (3.92%), Calcium: 35.42mg (3.54%), Vitamin B12: 0.19µg (3.15%), Vitamin A: 91.86IU (1.84%), Vitamin E: 0.18mg (1.22%), Vitamin D: 0.15µg (1.01%)