Nutrition and Your Health

Chestnut, the “unNut” that’s high in nutrition, low in calories!

- Nutritional, chestnuts are similar to whole grains and offer a sweet, subtle flavor.
- Unlike pecans and walnuts, chestnuts contain just a trace of fat, due to their high water content.
- Good source of fiber and cholesterol-free.
- Chestnuts contain just one-third the calorie content of peanuts and cashews!
- Chestnuts are high in complex carbohydrates for energy.
- Chestnuts contain as much ascorbic acid (vitamin C) as an equal weight of lemons.

Nutrient composition of 1 ounce (3 chestnuts/ounce) roasted chestnuts:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Fat</td>
<td>0.3 grams</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>14.4 grams</td>
</tr>
<tr>
<td>Fiber</td>
<td>1.4 grams</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>11 milligrams</td>
</tr>
<tr>
<td>Calories</td>
<td>68</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0</td>
</tr>
<tr>
<td>Sodium</td>
<td>23 milligrams</td>
</tr>
<tr>
<td>Potassium</td>
<td>608 milligrams</td>
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</tbody>
</table>

Also a source of magnesium and phytonutrients.
**Chestnut Bisque**

Melt the butter in a large saucepan over medium heat. Add carrots, onion, and celery, and sauté until soft, about 7 minutes. Add chestnuts and continue cooking 5 minutes, stirring occasionally.

Add stock and bring to a boil. Reduce heat to simmer and add apple juice, parsley, nutmeg, salt and pepper. Simmer 15 minutes. Add tarragon and continue cooking 5 minutes. Puree the soup in a blender. Return to saucepan and reheat. Adjust seasonings as needed. Serve with a dollop of yogurt or sour cream.

Serves 4.

Recipe from Allen Creek Farms
www.chestnutsonline.com

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**Steamed Chocolate Chestnut Pudding**

Place chestnuts in a saucepan with vanilla and enough water to cover. Bring to a boil over high heat. Reduce heat, cover and simmer for 30 minutes, or until very tender. Drain and put through a food processor to puree. Set aside.

In a saucepan, combine cocoa, milk, sugar and butter and cook slowly over hot water for 10 minutes, stirring constantly. Add pureed chestnuts and eggs and stir well. Butter a 1 1/2 quart mixing bowl and pour in the mixture. Place the bowl in a pan of hot water and bake for about 45 minutes, until pudding is firm. Unmold and serve with cream.

Recipe from Chestnut Growers of Australia
www.chestnutgrowers.com.au

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**Salmon and Rice with Chestnuts**

Melt 2 Tbsp. of the butter and brush lightly on both sides of each salmon steak. Grill until done. Time varies depending on the thickness of the steaks – typically about 10 min. Garnish with half of the chestnut mixture.

Rice: Bring 2 cups water to a boil. Add the rice, cover and bring back to a boil. Reduce heat to simmer and cook 15 minutes. When done, add half the chestnut mixture and stir well. Garnish with a bit of chopped parsley.

Salmon: Melt 2 Tbsp. of the butter and brush lightly on both sides of each salmon steak. Grill until done. Time varies depending on the thickness of the steaks – typically about 10 min. Garnish with half of the chestnut mixture.

Recipe from Allen Creek Farms
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**Easy Appetizers**

**Chestnut Spinach Dip**

1 1/2 cups shelled raw chestnut meats, coarsely chopped
10 oz. pkg. frozen chopped spinach, thawed, rinsed and drained
1/4 cup diced green onion
1 pkg. dried vegetable soup mix (2 makes dip thicker, more seasoned)
2 cups sour cream
1 cup mayonnaise

Combine nutmeats and other ingredients in a bowl. Refrigerate mixture at least 6 hours. Serve with crackers and/or pour into bread bowl.

Recipe from Julie Rhoads, Missouri Center for Agroforestry
www.centerforagroforestry.org/pubs/recipes.asp

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**Parsonip and Chestnut Hummus**

1 1/2 cups shelled raw chestnut meats
1 1/2 cups parsnips, peeled, chopped
1 clove garlic
1/4 cup fresh lemon juice
4 Tbsp. butter
1/4 cup olive oil
2 tsp. cumin
2 Tbsp. tahini
Salt and pepper to taste
2 Tbsp. fresh parsley, chopped

Place chestnuts and parsnips in medium saucepan and cover with water. Bring to a boil and simmer until very tender, about 20 minutes. Drain, reserving 1 Tbsp. cooking liquid. Transfer to food processor and puree along with reserved cooking liquid, garlic, lemon juice, butter, olive oil and cumin until smooth and creamy, about 3 minutes. Season with salt and pepper. Transfer to bowl and cool to room temperature. Before serving, drizzle with tahini and garnish with parsley.

Recipe from Executive Chef Eric Cartwright, University of Missouri