



"Chestnuts roasting on an open fire" — it is a classic song most people have heard, but have you ever tried this delicious nut? It's best from mid-September to November, not December. So try it now while it's fresh!

### Chestnuts — A deserving but under-discovered nut!

**Why try chestnuts? They are a powerhouse of good nutrition! Here are a few key facts:**

- **Low in calories:** There are 85 calories per 1/2 cup boiled chestnuts, and 159 calories per 1/2 cup roasted nuts. Both are a good choice, but when choosing roasted, eat a little less. For comparison, 1/2 cup of almonds has 411 calories.
- **Contain high amounts of healthy complex carbohydrates and fiber:** Choosing the right carbs helps with sustained energy. With 3.5 grams of [fiber](#) per 1/2 cup roasted chestnuts, you'll be helping your heart and gut!
- **Low in fat:** There are 1.5 grams of fat per 1/2 cup roasted chestnuts vs. 35 grams per 1/2 cup roasted peanuts.
- **Excellent source of Vitamin C:** There are 26 milligrams (mg) Vit C per 1/2 cup raw chestnuts (29% RDA). For comparison, there is only 0.75 mg Vit C per 1/2 cup [walnuts](#) (although they provide other benefits) and none in almonds. Vitamin C is an important antioxidant that protects your immune system and reduces the risk of many diseases.
- **Rich in copper:** There are 0.32 grams of copper in 1/2 cup raw chestnuts (36% RDA). Copper helps strengthen your bones and supports your immune system.
- **Don't contain gluten:** People with [celiac disease](#) can enjoy chestnuts in their diet. Try pastries made with chestnut flour!

#### How to store chestnuts:

- Fresh, raw chestnuts last for 1-2 months in cool, well-ventilated environments if not piled up.
- To prevent them from drying out, put chestnuts in plastic bags, and poke a few holes before placing in the refrigerator.
- For peeled and roasted chestnuts, wrap them up in aluminum foil air-tight and put them in the freezer.

### Parent Power Tips from the SuperKids Nutrition Founder

Exploring new foods and trying new recipes with your kids can expand their taste preferences. Make this sweet and savory dish this month, and make chestnuts an annual fall tradition in your house. They're tasty in salads, stuffing, baked goods, and soups.

#### Shaved Brussels Sprouts with Raisins and Chestnuts

##### Ingredients:

- 1/2 cup apple cider
- 1/2 cup [raisins](#)
- 1 1/2 pounds Brussels sprouts, trimmed
- 6 Tbsp. olive oil
- 7-8 oz. peeled chestnuts, 1/2-inch pieces
- 1 1/2 Tbsp. balsamic vinegar



##### Instructions:

1. Shave the Brussels sprouts with a food processor or thinly slice by hand.
2. Wrap and chill the Brussels sprouts. (Do this one day ahead).
3. Boil the cider and remove from heat.
4. Soak the raisins in the cider for 30 minutes. Cover and chill.
5. Sauté the chestnuts with 2 Tbsp. olive oil for 2 minutes and transfer to a bowl.
6. Sauté the Brussels sprouts in the same skillet about 3 minutes until they wilt.
7. Add 1/2 cup water and a little more olive oil. Sauté until tender but still bright green – about 7 minutes.
8. Stir in chestnuts, cider mixture, and vinegar. Sauté about 2 minutes.
9. Season with salt and pepper. Enjoy!



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