



Our organic dried chestnuts

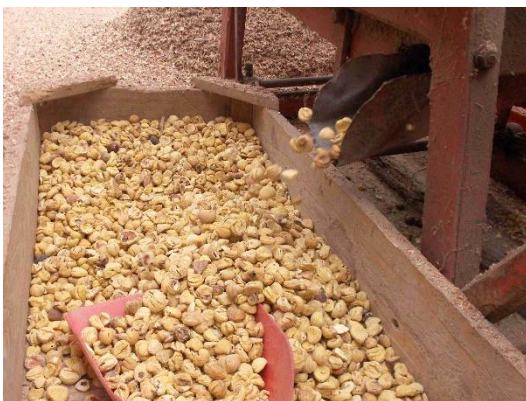
Our organic dried chestnuts are a natural and healthy alternative to modern candies, to be savoured slowly and with no reproach: this is because they are rich in numerous nutritional values like carbohydrates and mineral salts like potassium, iron, calcium, sodium, magnesium, phosphorous and chlorine. They also contain fibres, proteins and vitamins (C, PP and group B vitamins), thus proving extremely useful for sport-lovers.

Fibres ease intestinal motility, restoring the bowel bacterial flora and reducing cholesterol.

Dried chestnuts can be boiled to use in desserts or to go with soups and savoury dishes. They do not contain preservatives and are dried in a traditional manner that is 20 days in a wood drying room.

Available packaging:

250g and 500g bag; loose product for over 5 kg.



Nutritional values

Nutritional Values/100 g
Energy Value: 343 Kcal/1437 kj
Fats: 3,7 g
Saturated fats: 0,64 g
Carbohydrates: 76,2 g
Sugars: 27,5 g
Sodium: 11 mg

Local recipes of the Tuscan tradition

Boiled dried chestnuts

Ingredients:

80 g per person of dried chestnuts, a bunch of wild fennel, a pinch of salt.

Preparation:

Put chestnuts in a high pot, cover them with cold water adding salt and fennel. Cover the pot, bring to the boil and cook on a moderate flame for about 40 minutes, adding hot water if necessary. When cooking has ended strain remaining water.