

# Chestnut and Cashew Nut Roast – Vegan Christmas Roast

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/chestnut-christmas-recipe>

## Ingredients:

- 1 medium onion finely chopped
- 2 cloves garlic finely chopped
- 1 tablespoon olive oil
- 2/3 pound butternut squash peeled and roughly chopped
- 1 13/16 cups carrots roughly chopped
- 2/3 cup cashew nuts
- 1 cup chestnuts cooked and peeled
- 1 1/8 cups breadcrumbs
- 1 tablespoon Tahini light
- 1/2 teaspoon dried rosemary each of, sage and thyme
- 1 teaspoon yeast extract
- 1 teaspoon tomato puree
- 2 teaspoons paprika
- salt
- freshly ground black pepper
- fresh herbs
- cranberries

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 67 grams
3. Fat: 24 grams
4. Fiber: 11 grams
5. Protein: 12 grams
6. SaturatedFat: 4 grams
7. Sodium: 450 milligrams
8. Sugar: 10 grams

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