



Almond-Pear Galette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



118 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon almond extract pure
- 0.3 teaspoon double-acting baking powder
- 0.1 teaspoon baking soda
- 2 teaspoons butter cut into small bits
- 0.3 cup buttermilk
- 0.3 teaspoon cinnamon
- 3 tablespoons powdered sugar
- 1 large egg whites

- 0.3 cup granulated sugar
- 3 tablespoons almond flour finely
- 2 tablespoon juice of lemon fresh
- 1.5 teaspoons lemon zest grated
- 3 pears such as anjou or bartlett firm ripe
- 0.3 teaspoon salt
- 2 tablespoons sugar

Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- whisk
- plastic wrap
- aluminum foil
- broiler
- wax paper

Directions

- Pulse flour, sugar, baking powder, salt, and baking soda in a food processor 30 seconds to combine.
- Add butter. Pulse until butter pieces are the size of peas.
- Add buttermilk and almond extract; pulse until dough just comes together. Form dough into a disk, dusting lightly with flour. Cover in plastic wrap or wax paper and refrigerate 1 hour.
- Whisk egg white and confectioners' sugar in a bowl until frothy, about 1 minute.
- Add almonds, butter and almond extract.
- Whisk. Refrigerate.

- Peel and core pears, then cut into slices about 1/4 inch thick; toss in a bowl with lemon juice and zest.
- Heat oven to 400°F. Lightly dust a sheet of parchment paper with flour; place dough on top and lightly dust with flour; top with another sheet of parchment and roll out dough into a circle about 12 inches in diameter. Peel off top layer of parchment. Invert dough onto a baking sheet lined with third sheet of parchment. Trim around edges of dough.
- Spread cream over dough, leaving a 1-inch border. Arrange pear slices in concentric circles over cream.
- Sprinkle with sugar and cinnamon. Fold edges of dough over pears, crimping dough to enclose ends of pears. Evenly scatter bits of butter over top of filling.
- Bake 20 to 25 minutes or until pears are tender and crust is golden. (Cover top with a sheet of foil if it begins to overbrown.)
- Remove; cover edges of tart with foil.
- Heat broiler. Glaze top of pears under broiler, about 6 inches from heat, 1 minute or until pears are golden brown. Cool on baking sheet 5 minutes.
- Transfer (on parchment) to rack to cool completely. Dust with confectioners' sugar.
- Self

Nutrition Facts

PROTEIN 4.85% **FAT 19.41%** **CARBS 75.74%**

Properties

Glycemic Index:44.37, Glycemic Load:9.57, Inflammation Score:-1, Nutrition Score:2.1008695389913%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

0.57mg

Nutrients (% of daily need)

Calories: 117.5kcal (5.88%), Fat: 2.7g (4.16%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 21.29g (7.74%), Sugar: 19.29g (21.43%), Cholesterol: 3.51mg (1.17%), Sodium: 126.68mg (5.51%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 1.52g (3.04%), Fiber: 2.43g (9.73%), Vitamin C: 4.81mg (5.83%), Vitamin B2: 0.05mg (3.07%), Copper: 0.06mg (2.99%), Calcium: 29.61mg (2.96%), Vitamin K: 3.07µg (2.92%), Potassium: 99.78mg (2.85%), Manganese: 0.05mg (2.26%), Phosphorus: 18.43mg (1.84%), Selenium: 1.26µg (1.81%), Magnesium: 6.27mg (1.57%), Folate: 6.05µg (1.51%), Iron: 0.26mg (1.43%), Vitamin B6: 0.02mg (1.24%), Vitamin A: 60.9IU (1.22%)