



Apple-Bacon Galette

READY IN



160 min.

SERVINGS



8

CALORIES



376 kcal

SIDE DISH

Ingredients

- ☐ 4 apples assorted (such as McIntosh and Granny Smith)
- ☐ 6 slices bacon
- ☐ 1 large eggs beaten
- ☐ 1.5 cups flour for dusting all-purpose plus more
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 servings maple syrup for brushing
- ☐ 0.5 cup sugar
- ☐ 5 tablespoons butter unsalted cold cut into pieces

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil

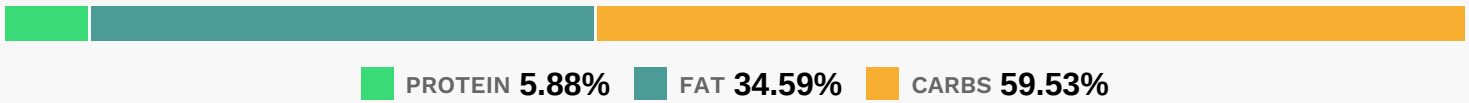
Directions

- ☐ Make the crust: Cook the bacon in a large skillet over medium heat, turning occasionally, until golden but still soft, about 6 minutes; remove to paper towels. Reserve 1 tablespoon of the drippings in a small bowl; refrigerate until cold, about 15 minutes.
- ☐ Pulse 2 slices of the bacon in a food processor until finely ground.
- ☐ Add 1 1/2 cups flour and 2 tablespoons sugar and pulse to combine.
- ☐ Add the chilled bacon drippings and pulse to combine.
- ☐ Add the butter and pulse until the mixture looks like coarse meal with some pea-size pieces.
- ☐ Drizzle in 4 tablespoons cold water and pulse until the dough just comes together. Turn out onto a piece of plastic wrap; use the plastic to help form the dough into a disk. Wrap and chill until firm, at least 1 hour.
- ☐ Line a baking sheet with parchment paper.
- ☐ Roll out the dough into a 13-inch round between 2 sheets of lightly floured parchment. Peel off the top sheet of parchment, then invert the dough onto the prepared baking sheet. Peel off the sheet of parchment. Refrigerate the dough until ready to use.
- ☐ Preheat the oven to 375 degrees F. Make the filling: Peel the apples and slice 1/4 inch thick. Toss with the lemon juice, cinnamon, 3 tablespoons sugar and the remaining 1 tablespoon flour in a large bowl. Arrange the apples in the center of the dough, leaving a 2-inch border. Fold the edge of the dough over the filling, pleating as needed.

- ☐
- Cut the remaining 4 slices bacon into bite-size pieces and sprinkle over the filling.

☐☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:27.32, Glycemic Load:29.9, Inflammation Score:-4, Nutrition Score:8.6573913615683%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 375.8kcal (18.79%), Fat: 14.67g (22.57%), Saturated Fat: 6.95g (43.42%), Carbohydrates: 56.81g (18.94%), Net Carbohydrates: 53.95g (19.62%), Sugar: 34.06g (37.85%), Cholesterol: 52.95mg (17.65%), Sodium: 122.4mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Manganese: 0.67mg (33.36%), Vitamin B2: 0.44mg (25.94%), Selenium: 13.35µg (19.07%), Vitamin B1: 0.26mg (17.44%), Folate: 49.2µg (12.3%), Fiber: 2.86g (11.42%), Vitamin B3: 2.16mg (10.79%), Iron: 1.41mg (7.84%), Phosphorus: 73.75mg (7.37%), Vitamin A: 307.95IU (6.16%), Potassium: 213.29mg (6.09%), Vitamin C: 4.91mg (5.96%), Vitamin B6: 0.1mg (5.17%), Magnesium: 16.96mg (4.24%), Zinc: 0.63mg (4.18%), Calcium: 38.06mg (3.81%), Copper: 0.07mg (3.63%), Vitamin B5: 0.36mg (3.58%), Vitamin E: 0.52mg (3.48%), Vitamin K: 2.72µg (2.59%), Vitamin B12: 0.15µg (2.55%), Vitamin D: 0.32µg (2.15%)