



Apple-Frangipane Galette



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 6 medium apples (3 pounds/1.5 kg)
- ☐ 8 servings galette dough
- ☐ 2 tablespoons butter unsalted salted melted (1 ounce/30 g)
- ☐ 60 g coarse-crystal sugar
- ☐ 8 servings frangipane ()
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Equipment

- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper or a silicone baking mat.
- ☐ Peel, core, and cut the apples into 1/2-inch (1.5-cm) slices.
- ☐ Lightly flour a work surface and roll out the dough into a circle about 14 inches (36 cm) in diameter.
- ☐ Transfer it to the prepared baking sheet.
- ☐ Smear the frangipane over the dough, leaving a 2-inch (5-cm) border. Arrange the apple slices in concentric circles over the frangipane, or simply scatter them in an even layer. Fold the border of the dough over the apples and brush the crust with some of the melted butter, then lightly brush or dribble the rest of the butter over the apples.
- ☐ Sprinkle half of the sugar over the crust, and the remaining half over the apples.
- ☐ Bake the galette until the apples are tender and the crust has browned, about 1 hour. Slide the galette off the parchment paper and onto a wire rack.
- ☐ Serve warm or at room temperature. You can drizzle the galette with warm honey or glaze it with strained apricot jam, thinned with just enough water to make it spreadable.
- ☐ Storage: The dough can be made up to 3 days in advance and refrigerated. The tart should be served the day it's baked. Variation: For a nectarine–Frangipane galette, substitute 3 large nectarines (1 3/4 pounds/795 g), pitted and cut in 1/2-inch (1.5-cm) slices, for the apples. (If you want the nectarines to have a very pronounced flavor in the tart, decrease the amount of frangipane; you can use as little as one-half the quantity, or about 1/2 cup/125 ml). Arrange the nectarine slices in barely overlapping concentric circles. You can use peeled peaches in place of the nectarines.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:13.88, Inflammation Score:-3, Nutrition Score:4.0482608782856%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 181.76kcal (9.09%), Fat: 4.23g (6.52%), Saturated Fat: 2.12g (13.22%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 32.67g (11.88%), Sugar: 21.72g (24.13%), Cholesterol: 7.53mg (2.51%), Sodium: 93.6mg (4.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Fiber: 3.64g (14.55%), Vitamin B1: 0.13mg (8.41%), Vitamin C: 6.28mg (7.61%), Manganese: 0.14mg (6.93%), Selenium: 4.51µg (6.44%), Vitamin B2: 0.1mg (6.05%), Folate: 20.92µg (5.23%), Potassium: 161.1mg (4.6%), Vitamin B3: 0.9mg (4.5%), Iron: 0.78mg (4.32%), Vitamin K: 3.72µg (3.55%), Vitamin A: 161.18IU (3.22%), Vitamin B6: 0.06mg (3.09%), Phosphorus: 30.1mg (3.01%), Copper: 0.06mg (2.86%), Magnesium: 9.74mg (2.44%), Vitamin E: 0.34mg (2.28%), Vitamin B5: 0.14mg (1.44%), Calcium: 11.19mg (1.12%), Zinc: 0.15mg (1.01%)