



Apple Galette



Vegetarian



Vegan



Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons powdered sugar
- ☐ 0.3 cup granulated sugar
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 8 servings pastry crust
- ☐ 2 pounds delicious apples cored peeled cut into 8 wedges (4)
- ☐ 2 tablespoons semolina flour (sometimes called semolina flour)

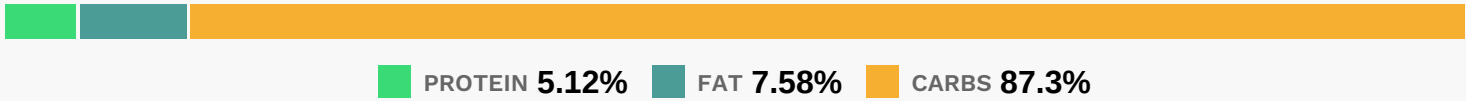
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ rolling pin

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Roll out dough into a 13-inch round on a lightly floured surface with a lightly floured rolling pin.
- ☐ Transfer to an ungreased 17- by 14-inch baking sheet.
- ☐ Sprinkle semolina over dough, leaving a 2-inch border all around.
- ☐ Toss apples with lemon juice and zest in a large bowl, then mound on top of semolina (leaving border) and sprinkle granulated sugar over apples. Fold in dough border over apples, pleating dough as necessary, to form a 9-inch round.
- ☐ Bake galette 30 minutes, then loosely cover with foil and bake until apples are tender and crust is golden, 25 to 30 minutes more.
- ☐ Remove galette from oven and turn on broiler.
- ☐ Dust apples with confectioners sugar and broil 5 to 6 inches from heat until apples are just golden, 1 to 3 minutes (watch carefully; sugar burns easily). Slide galette from baking sheet onto a rack, then cool to warm or room temperature.
- ☐ Galette can be baked 5 hours ahead and cooled, uncovered, then kept at room temperature. If desired, reheat in a 350°F oven until warm, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:24.26, Glycemic Load:13.54, Inflammation Score:-2, Nutrition Score:4.2669565159342%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 159.32kcal (7.97%), Fat: 1.39g (2.15%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 32.92g (11.97%), Sugar: 19.57g (21.74%), Cholesterol: 0mg (0%), Sodium: 93.05mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Fiber: 3.24g (12.97%), Selenium: 7.78µg (11.11%), Vitamin B1: 0.15mg (10.16%), Manganese: 0.15mg (7.67%), Vitamin C: 5.86mg (7.1%), Vitamin B2: 0.12mg (6.89%), Folate: 27.15µg (6.79%), Vitamin B3: 1.1mg (5.5%), Iron: 0.91mg (5.07%), Potassium: 143.91mg (4.11%), Phosphorus: 31.87mg (3.19%), Copper: 0.06mg (2.88%), Vitamin B6: 0.06mg (2.84%), Vitamin K: 2.97µg (2.83%), Magnesium: 10.35mg (2.59%), Vitamin E: 0.23mg (1.54%), Vitamin B5: 0.15mg (1.5%), Vitamin A: 61.37IU (1.23%), Zinc: 0.18mg (1.19%)