

Apple Galette

 Vegetarian

READY IN



180 min.

SERVINGS



10

CALORIES



416 kcal

SIDE DISH

Ingredients

- ☐ 1.8 cups all purpose flour
- ☐ 0.3 cup apricot preserves
- ☐ 1.5 pounds granny smith apples cored peeled cut into 1/8-inch-thick slices
- ☐ 2 tablespoons ice water ()
- ☐ 0.3 teaspoon salt
- ☐ 4 tablespoons sugar divided
- ☐ 0.8 cup butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 10 servings milk whole

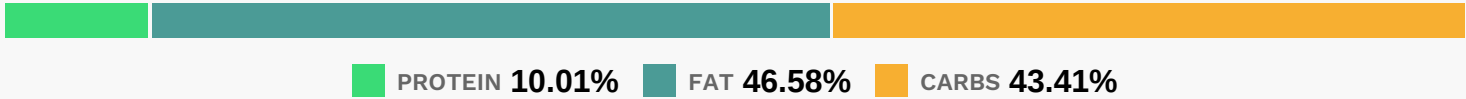
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife

Directions

- ☐ Blend flour and salt in processor.
- ☐ Add butter and blend, using on/off turns, until mixture resembles coarse meal.
- ☐ Add 2 tablespoons ice water and blend just until dough begins to clump together, adding more ice water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic and chill 1 hour. DO AHEAD: Can be made 2 days ahead. Keep dough chilled. Soften slightly at room temperature before rolling out.
- ☐ Roll out dough between sheets of parchment paper to 1/8-inch-thick round, 14 inches in diameter.
- ☐ Remove top sheet of parchment. Using bottom sheet as aid, transfer dough on parchment to large unrimmed baking sheet. Chill 15 minutes.
- ☐ Preheat oven to 450°F.
- ☐ Combine apple slices, 2 tablespoons sugar, and lemon peel in medium bowl; toss to blend.
- ☐ Spread preserves over crust, leaving 1 1/2-inch plain border. Arrange apple slices in concentric circles atop preserves, overlapping slightly. Using parchment as aid, fold plain crust border up over apples, pinching any cracks in crust.
- ☐ Brush crust with milk.
- ☐ Sprinkle crust edges and apples with remaining 2 tablespoons sugar.
- ☐ Bake galette 20 minutes. Reduce oven temperature to 375°F and continue baking until crust is golden, about 30 minutes longer.
- ☐ Remove from oven. Slide long thin knife between parchment and galette.
- ☐ Let stand at least 10 minutes.
- ☐ Cut into wedges and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:22.24, Inflammation Score:-6, Nutrition Score:12.836521791375%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 416.27kcal (20.81%), Fat: 21.97g (33.81%), Saturated Fat: 13.34g (83.36%), Carbohydrates: 46.08g (15.36%), Net Carbohydrates: 43.84g (15.94%), Sugar: 26.24g (29.15%), Cholesterol: 65.88mg (21.96%), Sodium: 156.41mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.63g (21.25%), Calcium: 312.93mg (31.29%), Phosphorus: 281.81mg (28.18%), Vitamin B2: 0.47mg (27.67%), Vitamin B12: 1.35µg (22.44%), Vitamin B1: 0.32mg (21.39%), Vitamin D: 2.94µg (19.6%), Selenium: 12.37µg (17.67%), Vitamin A: 869.6IU (17.39%), Potassium: 470.96mg (13.46%), Vitamin B5: 1.07mg (10.67%), Folate: 42.64µg (10.66%), Magnesium: 38.1mg (9.53%), Vitamin B6: 0.19mg (9.4%), Manganese: 0.19mg (9.31%), Fiber: 2.24g (8.97%), Vitamin B3: 1.62mg (8.09%), Zinc: 1.2mg (8%), Iron: 1.13mg (6.29%), Vitamin C: 3.65mg (4.42%), Vitamin E: 0.66mg (4.4%), Vitamin K: 3.49µg (3.32%), Copper: 0.06mg (3.09%)