



Apple Galette with Orange

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

Ingredients

- 1 eggs beaten to blend (for glaze)
- 3 tablespoons honey
- 2 teaspoons orange zest grated
- 8 servings pastry crust
- 3 pounds delicious apples grated peeled
- 0.7 cup sugar
- 0.3 cup butter unsalted ()
- 0.5 vanilla pod split

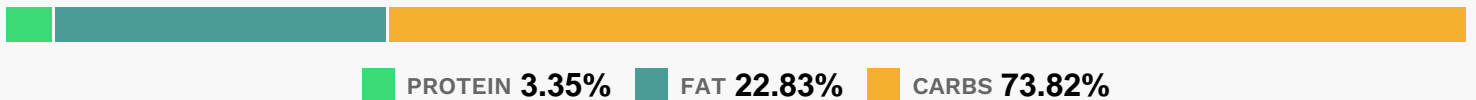
Equipment

- oven
- pot
- tart form

Directions

- Melt butter in heavy large pot over medium heat.
- Add sugar; stir until mixture turns deep golden, about 8 minutes. Scrape in seeds from vanilla bean; add bean and orange peel. Stir 1 minute.
- Add apples. Reduce heat to medium-low; cook until mixture is thick, golden and reduced to 2 1/4 cups, stirring often, about 40 minutes.
- Mix in honey. Cool to room temperature. Discard vanilla bean. (Can be made 1 day ahead. Cover; chill.)
- Preheat oven to 375°F.
- Roll out 1 dough disk on floured surface to 12-inch round.
- Transfer crust to 9-inch-diameter tart pan with removable bottom. Trim dough overhang to 1/2 inch. Fold overhang in and press, forming double-thick sides.
- Spread filling evenly in crust.
- Roll out second dough disk on floured surface to 12-inch round.
- Cut into fourteen 3/4-inch-wide strips. Arrange seven strips diagonally atop filling, trimming ends of strips at tart pan edges. Form lattice by placing seven dough strips diagonally atop first seven strips; trim ends of strips at tart pan edges.
- Brush lattice with egg glaze.
- Bake galette until crust is golden, about 55 minutes. Cool on rack.
- Serve slightly warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:24.05, Glycemic Load:24.88, Inflammation Score:-4, Nutrition Score:5.3817390721777%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 293.31kcal (14.67%), Fat: 7.81g (12.01%), Saturated Fat: 4.14g (25.89%), Carbohydrates: 56.8g (18.93%), Net Carbohydrates: 52.29g (19.02%), Sugar: 40.85g (45.39%), Cholesterol: 35.71mg (11.9%), Sodium: 102.56mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Fiber: 4.51g (18.05%), Vitamin C: 8.54mg (10.36%), Selenium: 6.35µg (9.08%), Vitamin B1: 0.13mg (8.99%), Vitamin B2: 0.14mg (8.42%), Manganese: 0.16mg (7.94%), Folate: 24.93µg (6.23%), Potassium: 210.84mg (6.02%), Vitamin A: 300.93IU (6.02%), Iron: 0.96mg (5.32%), Vitamin B3: 0.95mg (4.75%), Phosphorus: 45.97mg (4.6%), Vitamin K: 4.73µg (4.5%), Vitamin B6: 0.09mg (4.39%), Copper: 0.07mg (3.73%), Vitamin E: 0.54mg (3.63%), Magnesium: 12.42mg (3.11%), Vitamin B5: 0.26mg (2.61%), Calcium: 18.52mg (1.85%), Zinc: 0.26mg (1.72%), Vitamin D: 0.22µg (1.44%), Vitamin B12: 0.06µg (1.02%)