



Apple Galettes with Caramel Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



744 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almond paste pure (not marzipan; 4 ounces)
- ☐ 1 large egg yolk
- ☐ 0.8 cup granulated sugar
- ☐ 3 tablespoons granulated sugar
- ☐ 0.8 cup heavy cream
- ☐ 0.3 cup juice of lemon fresh (from 2 medium lemons)
- ☐ 17.3 ounce puff pastry frozen thawed
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup confectioner's sugar

- ☐ 7 tart cored crisp peeled thinly sliced
- ☐ 1 quart whipped cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F.
- ☐ Roll puff pastry dough to 1/4-inch thickness (the store-bought variety will most likely be this thickness). Using saucer or other 5-inch round as stencil, cut dough into 10 circles. Prick bottom all over with fork. Chill until firm, about 30 minutes.
- ☐ In small bowl, whisk together egg and 2 teaspoons water.
- ☐ Brush each puff pastry circle with egg wash.
- ☐ Roll approximately 1 teaspoon almond paste into ball, then flatten into disc and place in center of puff pastry circle. Repeat for remaining puff pastry circles. Arrange about 25 apple slices on top of each puff pastry circle.
- ☐ Brush each with lemon juice, then sprinkle with 1 teaspoon sugar.
- ☐ Bake until apples are tender and edges of puff pastry are light golden brown, 16 to 18 minutes.
- ☐ In heavy 2-quart saucepan over moderately high heat, combine sugar with 1/4 cup water and bring to boil. Continue cooking, swirling pan occasionally (do not stir), until light golden brown, 6 to 8 minutes.
- ☐ Remove from heat and stir in cream and salt. Return to heat and bring to boil.
- ☐ Remove from heat and keep warm.
- ☐ Dust galettes with powdered sugar and serve with caramel sauce and vanilla ice cream.

Nutrition Facts



 **PROTEIN 4.57%**  **FAT 45.41%**  **CARBS 50.02%**

Properties

Glycemic Index:35.93, Glycemic Load:49.77, Inflammation Score:-6, Nutrition Score:12.469999966414%

Flavonoids

Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 743.87kcal (37.19%), Fat: 38.35g (59.01%), Saturated Fat: 15.65g (97.79%), Carbohydrates: 95.06g (31.69%), Net Carbohydrates: 90.23g (32.81%), Sugar: 65.64g (72.93%), Cholesterol: 80.17mg (26.72%), Sodium: 234.48mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.39%), Vitamin B2: 0.48mg (28.17%), Selenium: 15.52µg (22.17%), Fiber: 4.84g (19.34%), Phosphorus: 179.72mg (17.97%), Vitamin B1: 0.27mg (17.95%), Manganese: 0.36mg (17.93%), Calcium: 161.33mg (16.13%), Vitamin A: 754.97IU (15.1%), Folate: 56.64µg (14.16%), Vitamin E: 2.02mg (13.44%), Vitamin B3: 2.39mg (11.94%), Potassium: 403.9mg (11.54%), Vitamin K: 11.54µg (10.99%), Vitamin C: 8.9mg (10.79%), Magnesium: 38.98mg (9.75%), Iron: 1.69mg (9.42%), Zinc: 1.16mg (7.75%), Copper: 0.15mg (7.63%), Vitamin B5: 0.74mg (7.4%), Vitamin B12: 0.43µg (7.18%), Vitamin B6: 0.13mg (6.28%), Vitamin D: 0.57µg (3.78%)