



Apple-Maple Galette

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



285 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon apple cider
- ☐ 2.5 cups apples cored peeled halved sliced
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter unsalted diced
- ☐ 4 tablespoons butter diced cold
- ☐ 1 large egg whites
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons flour all-purpose

- ☐ 1 tablespoon granulated sugar
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup maple syrup divided
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon water
- ☐ 3 tablespoons water

Equipment

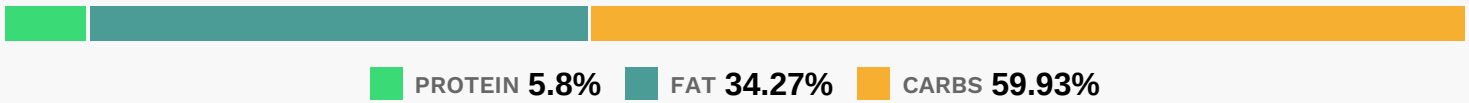
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Combine first 5 ingredients (through oil) in a food processor and pulse until mixture resembles coarse meal.
- ☐ Combine the cider and water in a small bowl and drizzle on the dough, while processing, until dough is moist and begins to stick together. Cover in plastic wrap; chill 30 minutes.
- ☐ Preheat oven to 40
- ☐ To make filling: Toss apples with lemon juice, brown sugar, 3 tablespoons maple syrup, and flour.
- ☐ Unwrap dough and place on 16-inch square of parchment paper.
- ☐ Roll into a 15-inch circle.

- ☐
- Place dough and parchment on rimmed baking sheet; arrange apples in center, leaving a 2-inch border. Fold edges in; press gently to seal. Dot apples with butter.
- ☐
- Whisk egg white and water together in a small bowl.
- ☐
- Brush edge of dough with egg wash and sprinkle with coarse sugar. Loosely cover with foil; bake additional 25 minutes. Uncover; bake 15–20 minutes or until tender and golden.
- ☐
- Let stand 20 minutes.
- ☐
- Brush apples with remaining 1 tablespoon maple syrup.
- ☐
- Cut into 8 wedges; serve.

Nutrition Facts



Properties

Glycemic Index:56.18, Glycemic Load:24.83, Inflammation Score:-4, Nutrition Score:7.2200000279624%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 284.77kcal (14.24%), Fat: 10.92g (16.8%), Saturated Fat: 5.08g (31.76%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 41.12g (14.95%), Sugar: 14.82g (16.47%), Cholesterol: 18.81mg (6.27%), Sodium: 200.26mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Manganese: 0.48mg (24.02%), Vitamin B2: 0.33mg (19.33%), Vitamin B1: 0.28mg (18.82%), Selenium: 12.5µg (17.86%), Folate: 64.7µg (16.17%), Vitamin B3: 2.07mg (10.34%), Iron: 1.66mg (9.23%), Fiber: 1.87g (7.48%), Vitamin K: 7.83µg (7.45%), Vitamin A: 239.99IU (4.8%), Phosphorus: 44.21mg (4.42%), Vitamin C: 3.25mg (3.94%), Vitamin E: 0.58mg (3.85%), Potassium: 116.29mg (3.32%), Copper: 0.06mg (3.19%), Magnesium: 12.66mg (3.16%), Calcium: 22.67mg (2.27%), Zinc: 0.34mg (2.25%), Vitamin B5: 0.2mg (1.98%), Vitamin B6: 0.03mg (1.7%)