



Apple Marzipan Galette

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



447 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon almond extract divided
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 pounds apples i use 2 granny smith apples peeled sliced
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup marzipan softened
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 1 Dash salt
- ☐ 0.8 cup sugar divided

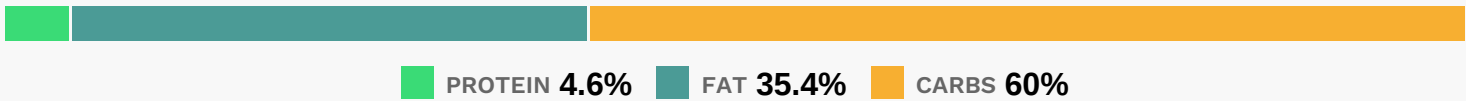
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425
- ☐ Line a jelly roll pan with foil; coat foil with cooking spray.
- ☐ Roll dough to a 14-inch circle on a lightly floured surface.
- ☐ Place dough on prepared pan.
- ☐ Roll marzipan to a 9-inch circle on a lightly floured surface.
- ☐ Place marzipan on top of dough.
- ☐ Combine apple, 1/2 cup sugar, flour, 3/4 teaspoon almond extract, juice, and salt in a large bowl; toss well. Spoon apple mixture over marzipan. Fold 2-inch dough border over the apple mixture, pressing gently to seal (dough will only partially cover apple mixture).
- ☐ Bake at 425 for 30 minutes or until lightly browned (apple filling may leak slightly during cooking).
- ☐ Place 1/4 cup sugar in a small heavy saucepan over medium-high heat; cook until sugar dissolves, stirring as needed to dissolve the sugar evenly (about 4 minutes). Cook 1 minute or until golden.
- ☐ Remove from heat; carefully stir in 1/4 teaspoon almond extract.
- ☐ Drizzle over galette.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:17.74, Inflammation Score:-4, Nutrition Score:7.6699999933657%

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: 446.88kcal (22.34%), Fat: 17.88g (27.51%), Saturated Fat: 4.67g (29.18%), Carbohydrates: 68.18g (22.73%), Net Carbohydrates: 63.68g (23.16%), Sugar: 36.28g (40.31%), Cholesterol: 0mg (0%), Sodium: 228.33mg (9.93%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 5.23g (10.46%), Manganese: 0.5mg (24.8%), Fiber: 4.51g (18.02%), Vitamin E: 2.15mg (14.36%), Folate: 51.09µg (12.77%), Vitamin B1: 0.19mg (12.59%), Vitamin B2: 0.18mg (10.49%), Vitamin B3: 2.08mg (10.42%), Iron: 1.84mg (10.23%), Phosphorus: 85.94mg (8.59%), Magnesium: 33.85mg (8.46%), Vitamin C: 5.7mg (6.91%), Copper: 0.14mg (6.88%), Potassium: 214.61mg (6.13%), Vitamin K: 6.38µg (6.07%), Selenium: 3.6µg (5.15%), Vitamin B6: 0.08mg (3.99%), Zinc: 0.51mg (3.38%), Vitamin B5: 0.33mg (3.33%), Calcium: 25.74mg (2.57%), Vitamin A: 63.62IU (1.27%)