



Apple Pumpkin Galette

 Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 0.3 cup brown sugar
- ☐ 3 tablespoons flour
- ☐ 1.5 lbs apples i use 2 granny smith apples cored peeled sliced
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon nutmeg
- ☐ 1.5 pounds kabocha squash peeled sliced

- ☐ 8 servings pie crust dough
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons sugar

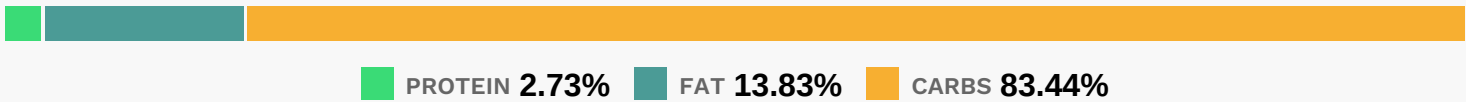
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pastry brush

Directions

- ☐ Set dough on lightly floured surface and roll into a large round about 1/8 in. thick.
- ☐ Transfer to a parchment-lined baking sheet and chill until ready to fill.
- ☐ Preheat oven to 375 with a rack on bottom rung.
- ☐ Lay pumpkin slices on a greased baking sheet. Roast, turning once, until tender when pierced, about 10 minutes.
- ☐ Mix apples, spices, salt, flour, both sugars, and bourbon until evenly coated.
- ☐ Add pumpkin and toss just to combine.
- ☐ Pour apple filling into center of dough, leaving a 1 1/2-in. border. Fold edges over fruit, allowing dough to pleat as you go. Dip a pastry brush in water and brush folded edges of dough.
- ☐ Sprinkle edges with coarse sugar.
- ☐ Bake galette until browned and bubbling, about 1 1/4 hours.
- ☐ Let cool before cutting.

Nutrition Facts



Properties

Glycemic Index:33.39, Glycemic Load:30.85, Inflammation Score:-7, Nutrition Score:7.6317391291909%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 381.45kcal (19.07%), Fat: 5.98g (9.19%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 81.13g (27.04%), Net Carbohydrates: 77.04g (28.01%), Sugar: 60.04g (66.71%), Cholesterol: 0mg (0%), Sodium: 167.17mg (7.27%), Alcohol: 1.25g (100%), Alcohol %: 0.64% (100%), Protein: 2.66g (5.31%), Vitamin A: 1209.65IU (24.19%), Manganese: 0.37mg (18.71%), Vitamin C: 14.38mg (17.44%), Fiber: 4.09g (16.36%), Potassium: 428.13mg (12.23%), Folate: 43.15µg (10.79%), Vitamin B6: 0.18mg (9.2%), Vitamin B1: 0.12mg (8.07%), Iron: 1.41mg (7.81%), Vitamin B2: 0.13mg (7.79%), Vitamin B3: 1.26mg (6.29%), Copper: 0.11mg (5.66%), Magnesium: 21.28mg (5.32%), Phosphorus: 48.16mg (4.82%), Calcium: 44.78mg (4.48%), Vitamin K: 4.53µg (4.32%), Selenium: 2.85µg (4.08%), Vitamin B5: 0.32mg (3.23%), Vitamin E: 0.37mg (2.44%), Zinc: 0.34mg (2.3%)