



## Apple-Walnut Galette

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



401 kcal

SIDE DISH

### Ingredients

- 0.3 cup apricot preserves
- 3 tablespoons butter unsalted diced
- 1 large eggs
- 1.3 cups flour for dusting all-purpose plus more
- 1.3 pounds golden delicious firm
- 0.3 cup granulated sugar
- 2 teaspoons granulated sugar
- 1 pinch salt

- 1 stick butter unsalted cold cut into 1/2-inch pieces
- 0.3 teaspoon vanilla extract
- 1 cup walnuts

## Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- whisk
- plastic wrap
- rolling pin

## Directions

- Position racks in the middle and lower third of the oven; preheat to 350 degrees F. Make the dough: Pulse the flour, granulated sugar and salt in a food processor until combined.
- Add the butter; pulse until the mixture looks like coarse meal with pea-size bits of butter. Beat the egg with 1 tablespoon ice water in a bowl, then add to the processor and pulse once or twice. (Stop before the dough gathers into a ball.) Turn out onto a sheet of plastic wrap and pat into a disk. Wrap tightly and refrigerate until firm, at least 1 hour.
- Meanwhile, prepare the filling: Toast the walnuts on a baking sheet on the middle oven rack until golden, 7 to 8 minutes; let cool. Process the nuts, 1/4 cup granulated sugar, the egg, 1 tablespoon butter, the vanilla and salt in a clean food processor to make a creamy paste.
- Line a flat baking sheet (or an upside-down rimmed one) with parchment paper.
- Roll the dough into a 12-inch round on a floured surface.
- Roll the dough up onto the rolling pin, then unroll onto the parchment.
- Spread the walnut filling over the dough, leaving a 1 1/2-inch border around the edges. Chill while you prepare the apples.
- Increase the oven temperature to 400 degrees F. Peel, core and halve the apples, then cut each half into 8 wedges. Arrange over the filling in a circular pattern, slightly overlapping. Fold

the edges of the dough inward, pleating it.

- Sprinkle the apples with the remaining 1 tablespoon granulated sugar and 2 tablespoons butter.
- Bake the galette on the middle oven rack until golden, 40 to 45 minutes. (Put a baking sheet on the lower rack to catch any drips.) Cool on a rack.
- Whisk 1 tablespoon water and the preserves in a bowl. Strain, then brush over the apples. Dust with confectioners' sugar, if desired.
- Photographs by Con Poulos

## Nutrition Facts

**PROTEIN 5.29%** **FAT 57.22%** **CARBS 37.49%**

### Properties

Glycemic Index:34.27, Glycemic Load:19.14, Inflammation Score:-5, Nutrition Score:8.4782608695652%

### Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

### Nutrients (% of daily need)

Calories: 401.16kcal (20.06%), Fat: 26.18g (40.28%), Saturated Fat: 11.08g (69.22%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 35.37g (12.86%), Sugar: 18.05g (20.05%), Cholesterol: 64.91mg (21.64%), Sodium: 20.99mg (0.91%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 5.44g (10.89%), Manganese: 0.66mg (33.17%), Copper: 0.3mg (14.88%), Vitamin B1: 0.22mg (14.63%), Folate: 55.79µg (13.95%), Selenium: 9.64µg (13.77%), Fiber: 3.23g (12.92%), Vitamin A: 572.16IU (11.44%), Vitamin B2: 0.18mg (10.3%), Phosphorus: 96.04mg (9.6%), Iron: 1.58mg (8.76%), Magnesium: 32.4mg (8.1%), Vitamin B3: 1.4mg (7%), Vitamin B6: 0.14mg (6.8%), Vitamin E: 0.77mg (5.11%), Potassium: 175.57mg (5.02%), Zinc: 0.72mg (4.8%), Vitamin B5: 0.34mg (3.4%), Calcium: 31.23mg (3.12%), Vitamin K: 3.1µg (2.96%), Vitamin D: 0.42µg (2.77%), Vitamin B12: 0.09µg (1.48%), Vitamin C: 0.84mg (1.02%)