



Apple-Walnut-Ginger Galette

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 3 large apples cored peeled thinly sliced (Pink Lady or Gala)
- ☐ 2 tablespoons brown sugar divided
- ☐ 0.8 teaspoon cinnamon
- ☐ 0.3 cup candied ginger chopped
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup walnut pieces chopped
- ☐ 1 feta cheese whole homemade for a 9-inch pie (such as Foods' or , enough)

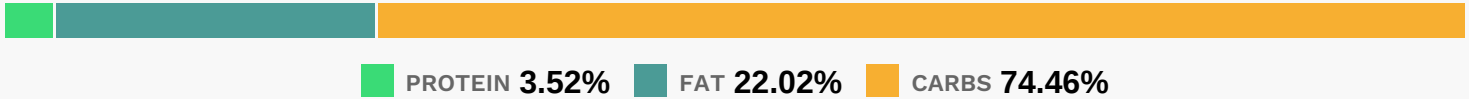
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 400°F. In a bowl, toss apples with walnuts,ginger, 2 tablespoons sugar, flour and cinnamon.
- ☐ Roll pie crustinto a 12-inch circle, about 1/8-inch thick. Coat a bakingsheet with cooking spray; place pie crust on sheet. (It'sOK if the pie crust hangs over the sides.) Arrange appleslices in one layer to form a circle about 3 inches fromedge of pie crust; fill in circle with more slices. Scrape anyremaining walnuts and ginger from bowl onto apples.Gently fold edges of pie crust over outer edge of applefilling to form a thick crust. Spray outer rim of crust withcooking spray; sprinkle crust with remaining 2 teaspoons sugar.
- ☐ Bake until crust is golden brown and apples are soft,35 minutes.
- ☐ Cut into 8 slices and serve.
- ☐ Per serving (per slice): 178 calories, 8 g fat, 2 g saturated fat, 27 g carbohydrates,3 g fiber, 2 g protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:3.62, Inflammation Score:-2, Nutrition Score:2.4221739354341%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.3mg, Epicatechin: 6.3mg, Epicatechin: 6.3mg, Epicatechin: 6.3mg 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: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 96.88kcal (4.84%), Fat: 2.54g (3.9%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 16.93g (6.16%), Sugar: 15.03g (16.7%), Cholesterol: 0.02mg (0.01%), Sodium: 3.61mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Manganese: 0.2mg (9.76%), Fiber: 2.38g (9.51%), Vitamin C: 3.9mg (4.73%), Copper: 0.08mg (4.21%), Potassium: 111.4mg (3.18%), Vitamin B6: 0.06mg (2.79%), Magnesium: 10.55mg (2.64%), Phosphorus: 23.1mg (2.31%), Vitamin B1: 0.03mg (2.27%), Folate: 7.85µg (1.96%), Vitamin K: 2µg (1.9%), Vitamin B2: 0.03mg (1.88%), Iron: 0.29mg (1.6%), Calcium: 13.11mg (1.31%), Vitamin E: 0.18mg (1.21%), Zinc: 0.16mg (1.05%)