



Apricot Almond Galette

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

Ingredients

- 1 cup almond flour
- 0.3 cup apricot preserves melted
- 10 small apricots fresh pitted quartered
- 0.5 cup powdered sugar
- 1 eggs
- 19-inch pie crust dough refrigerated pillsbury® () (such as)
- 0.3 cup granulated sugar white

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Roll out pie crust onto a baking sheet.
- Toss the quartered apricots with the white sugar in a bowl.
- Mix almond meal, confectioners' sugar, and egg together in another bowl to create a paste.
- Spread almond paste on the center of the pie crust, leaving 1/2 inch of bare crust all around the edge. Arrange the sugared apricots over the almond paste. Fold the 1/2-inch bare edge of the crust inward over the almond paste and apricots, leaving the center of the tart uncovered. Crimp the edge down with a fork as you go around the tart.
- Bake in the preheated oven until the crust is golden brown, about 40 minutes.
- Brush the melted apricot jam over the hot galette. Slice and serve.

Nutrition Facts

PROTEIN 7.36% **FAT 39.92%** **CARBS 52.72%**

Properties

Glycemic Index:18.63, Glycemic Load:9.97, Inflammation Score:-7, Nutrition Score:6.5434782867846%

Flavonoids

Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 409.77kcal (20.49%), Fat: 18.92g (29.1%), Saturated Fat: 3.62g (22.62%), Carbohydrates: 56.2g (18.73%), Net Carbohydrates: 52.19g (18.98%), Sugar: 32.64g (36.27%), Cholesterol: 27.28mg (9.09%), Sodium: 152.9mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.69%), Vitamin A: 1190.38IU (23.81%), Fiber: 4.02g (16.07%), Iron: 2mg (11.13%), Manganese: 0.2mg (10.02%), Vitamin C: 6.99mg (8.47%), Folate: 32.16µg (8.04%), Vitamin B1: 0.11mg (7.47%), Vitamin B2: 0.12mg (7.08%), Selenium: 4.6µg (6.57%), Vitamin B3: 1.26mg (6.3%), Calcium: 60.06mg (6.01%), Potassium: 204.08mg (5.83%), Phosphorus: 52.33mg (5.23%), Vitamin E: 0.77mg

(5.11%), Copper: 0.09mg (4.52%), Vitamin K: 4.38µg (4.17%), Vitamin B5: 0.39mg (3.9%), Vitamin B6: 0.06mg (3.16%), Magnesium: 12.24mg (3.06%), Zinc: 0.37mg (2.48%), Vitamin B12: 0.07µg (1.09%)