

Apricot Galette



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 6 apricots fresh (preferably underripe and very tart)
- ☐ 0.3 cup powdered sugar
- ☐ 1 tablespoon granulated sugar
- ☐ 0.3 ounce puff pastry frozen (1 sheet)

Equipment

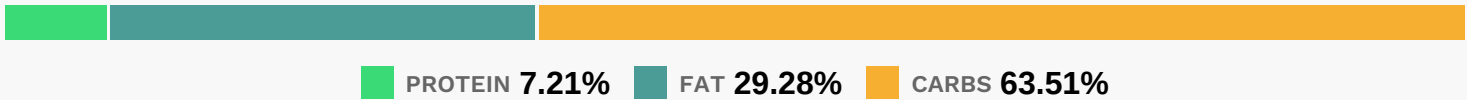
- ☐ food processor
- ☐ oven

- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat oven to 425°F.In a food processor pulse almonds with confectioners' sugar until finely ground. Pit apricots and cut into 1/8-inch-thick wedges. On a lightly floured surface unfold pastry sheet and cut out a 9-inch round.
- ☐ Transfer round to a buttered large shallow baking pan and prick pastry all over with a fork. Spoon almond mixture evenly over pastry, leaving a 1/4-inch border. Decoratively arrange apricot wedges, overlapping them, on top of almond mixture and sprinkle with granulated sugar.
- ☐ Bake galette in middle of oven until edges are golden brown, about 30 minutes. With a metal spatula transfer galette to a rack to cool.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:3.05, Inflammation Score:-5, Nutrition Score:2.9447825887929%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 72.65kcal (3.63%), Fat: 2.51g (3.86%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 11.03g (4.01%), Sugar: 10.3g (11.44%), Cholesterol: 0mg (0%), Sodium: 3.45mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin A: 674.15IU (13.48%), Vitamin E: 1.3mg (8.66%), Manganese: 0.12mg (6.03%), Fiber: 1.2g (4.79%), Vitamin C: 3.5mg (4.24%), Vitamin B2: 0.06mg (3.67%), Magnesium: 14.04mg (3.51%), Copper: 0.07mg (3.43%), Potassium: 119.61mg (3.42%), Phosphorus: 27.2mg (2.72%), Vitamin B3: 0.4mg (1.99%), Iron: 0.31mg (1.74%), Vitamin B1: 0.02mg (1.54%), Calcium: 15.05mg (1.5%), Folate:

5.76µg (1.44%), Zinc: 0.2mg (1.31%), Vitamin K: 1.35µg (1.28%), Vitamin B6: 0.02mg (1.22%), Vitamin B5: 0.1mg (1.02%)