



## 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

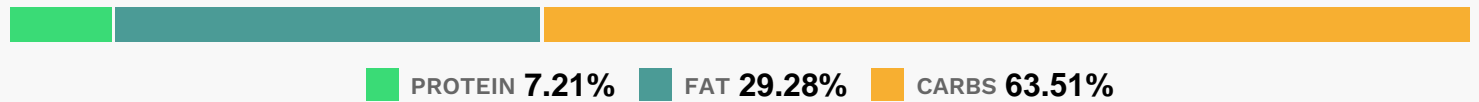
## Directions

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%)