



Blackberry and Hazelnut Galette

READY IN



120 min.

SERVINGS



6

CALORIES



418 kcal

SIDE DISH

Ingredients

- ☐ 4 cup blackberries fresh
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 1 tablespoon flour all-purpose plus more for rolling
- ☐ 4 teaspoon granulated sugar divided
- ☐ 1 cup hazelnuts toasted
- ☐ 2 teaspoon juice of lemon fresh
- ☐ 1 pie dough (see recipes)
- ☐ 1 tablespoon sugar

- ☐ 5 tablespoon butter unsalted at room temperature

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ stand mixer
- ☐ rolling pin

Directions

- ☐ Prepare the Crust (see recipe here <http://www.sippitysup.com/perfect-pie-crust>): Divide dough in half, shape into 2 discs, one about 5-inches and 1 about 6-inches in diameter, both about 3/4-inch thick. Wrap in plastic. Refrigerate dough at least 1 hour (or up to 2 days), or freeze up to 1 month. Use a lightly floured surface and a lightly floured rolling pin to roll out the larger disc of the chilled dough to about a 12 to 13-inch circle, a generous 1/8-inch thick.
- ☐ Transfer it to a parchment-lined baking sheet then cover lightly with plastic wrap and chill at least 20 minutes or up to overnight. Save smaller disc for another use. Prepare the hazelnut filling: Use a food processor to grind the hazelnuts into a coarse meal.
- ☐ Transfer the ground nuts to a stand mixer.
- ☐ Place oven rack in the center position and heat oven to 400 degrees F. Toss the blackberries with the lemon juice and remaining 2 teaspoons granulated sugar. Set aside about 20 minutes. Meanwhile, remove the plastic from the rolled dough and spread hazelnut filling evenly over the center of the crust leaving about a 2-inch border. Pile the blackberries on top of the hazelnut filling. Fold the exposed edge of dough over filling, pleating as needed to form a neat rounded package. Don't worry too much about the shape, this is a free form pie. Also don't try to make the dough meet in the middle. You want to leave the filling exposed.
- ☐ Brush pastry with some egg wash and sprinkle it with turbinado sugar.
- ☐ Bake galette until the crust golden brown and the filling is bubbling, about 55 minutes. Cool galette on rack.
- ☐ Serve warm or at room temperature.

Nutrition Facts



 **PROTEIN 7.35%**  **FAT 62.95%**  **CARBS 29.7%**

Properties

Glycemic Index:30.85, Glycemic Load:3.8, Inflammation Score:-7, Nutrition Score:17.2873913568%

Flavonoids

Cyanidin: 97.29mg, Cyanidin: 97.29mg, Cyanidin: 97.29mg, Cyanidin: 97.29mg Pelargonidin: 0.43mg, Pelargonidin: 0.43mg, Pelargonidin: 0.43mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 35.82mg, Catechin: 35.82mg, Catechin: 35.82mg, Catechin: 35.82mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 4.52mg, Epicatechin: 4.52mg, Epicatechin: 4.52mg Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 417.95kcal (20.9%), Fat: 30.31g (46.63%), Saturated Fat: 9.47g (59.21%), Carbohydrates: 32.17g (10.72%), Net Carbohydrates: 24.39g (8.87%), Sugar: 10.32g (11.47%), Cholesterol: 56.08mg (18.69%), Sodium: 139.22mg (6.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.93%), Manganese: 1.99mg (99.68%), Fiber: 7.78g (31.1%), Vitamin E: 4.61mg (30.77%), Copper: 0.54mg (26.76%), Vitamin C: 22.07mg (26.75%), Vitamin K: 24.76µg (23.58%), Folate: 73.54µg (18.39%), Vitamin B1: 0.24mg (16%), Magnesium: 58.3mg (14.58%), Iron: 2.49mg (13.85%), Phosphorus: 121.15mg (12.11%), Vitamin A: 546.37IU (10.93%), Vitamin B2: 0.17mg (9.93%), Potassium: 345.96mg (9.88%), Selenium: 6.7µg (9.56%), Vitamin B3: 1.84mg (9.19%), Vitamin B6: 0.17mg (8.58%), Zinc: 1.26mg (8.38%), Vitamin B5: 0.72mg (7.22%), Calcium: 64.43mg (6.44%), Vitamin D: 0.34µg (2.28%), Vitamin B12: 0.1µg (1.65%)