



Blackberry and Peach Galette

 Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup blackberries
- ☐ 0.3 cup brown sugar
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 water with 1 teaspoon water beaten
- ☐ 2 tablespoons flour
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon nutmeg
- ☐ 4 peaches pitted peeled sliced

- ☐ 1 pie crust dough refrigerated thawed
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoon vanilla

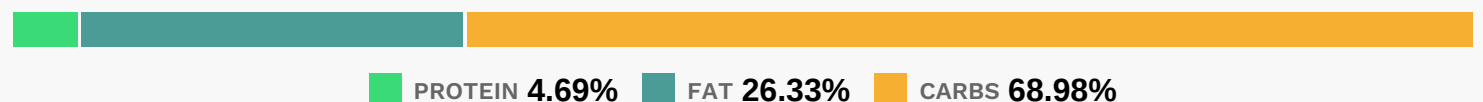
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Line a baking sheet with parchment paper.
- ☐ Roll the crust dough out onto the parchment paper on the baking sheet. In a large bowl, combine the peaches and vanilla.
- ☐ Mix well.
- ☐ Add in the brown sugar, honey, cinnamon, nutmeg and flour.
- ☐ Mix well to combine. Fold in blackberries.
- ☐ Pour fruit into the center of the crust, leaving a 2-3 inch border. Work around the galette, folding edges of the dough over the fruit in a folding/pleating pattern.
- ☐ Place into the freezer for 15 minutes and pre-heat oven to 350F.
- ☐ Remove the galette from the freezer.
- ☐ Brush the dough that is folded over the fruit with the egg wash.
- ☐ Sprinkle the edges with sugar.
- ☐ Bake for 1 hour. Crust should be a golden brown. The juice from the fruit will run out onto the baking sheet.
- ☐ Remove from oven and let cool.

Nutrition Facts



Properties

Glycemic Index:33.76, Glycemic Load:6.48, Inflammation Score:-3, Nutrition Score:3.5586956583935%

Flavonoids

Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg, Cyanidin: 8.35mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 5.62mg, Catechin: 5.62mg, Catechin: 5.62mg, Catechin: 5.62mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 157.43kcal (7.87%), Fat: 4.69g (7.21%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 25.81g (9.39%), Sugar: 16.7g (18.56%), Cholesterol: 0mg (0%), Sodium: 79.36mg (3.45%), Alcohol: 0.28g (100%), Alcohol %: 0.35% (100%), Protein: 1.88g (3.76%), Manganese: 0.2mg (9.88%), Fiber: 1.83g (7.32%), Vitamin B3: 1.09mg (5.47%), Folate: 20.27µg (5.07%), Vitamin B1: 0.07mg (4.99%), Vitamin C: 4mg (4.85%), Iron: 0.83mg (4.61%), Vitamin K: 4.5µg (4.29%), Vitamin A: 211.57IU (4.23%), Selenium: 2.88µg (4.12%), Vitamin E: 0.6mg (4.02%), Copper: 0.08mg (4.01%), Vitamin B2: 0.06mg (3.51%), Potassium: 114.47mg (3.27%), Phosphorus: 29.36mg (2.94%), Magnesium: 10.06mg (2.51%), Vitamin B5: 0.2mg (1.98%), Zinc: 0.28mg (1.86%), Vitamin B6: 0.03mg (1.51%), Calcium: 14.12mg (1.41%)