



Blueberry and Blackberry Galette with Cornmeal Crust

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 2 cups blackberries
- ☐ 4 cups blueberries
- ☐ 0.5 cup butter cold cut into small pieces
- ☐ 0.3 cup cornmeal
- ☐ 1 large egg white
- ☐ 0.3 cup buttermilk fat-free
- ☐ 2 tablespoons milk fat-free

- ☐ 3 tablespoons flour all-purpose
- ☐ 7.8 ounces flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ To prepare pastry, lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and next 3 ingredients (through salt) in a food processor; pulse two times.
- ☐ Add butter to flour mixture; pulse 4 to 5 times or until mixture resembles coarse meal. With processor on, slowly add buttermilk through food chute; process just until dough forms a ball. Gently press dough into a 4-inch circle on plastic wrap; cover. Chill 30 minutes.
- ☐ Preheat oven to 35
- ☐ Unwrap and place dough on a sheet of parchment paper.
- ☐ Roll dough into a 15-inch circle.
- ☐ Place dough and parchment on a baking sheet.

- ☐
- To prepare filling, combine berries and next 3 ingredients (through juice) in a medium bowl; toss gently to coat. Arrange berry mixture in center of dough, leaving a 2-inch border. Fold edges of dough toward center, pressing gently to seal (dough will only partially cover berry mixture).
- ☐
- Combine fat-free milk and egg white in a small bowl, stirring well with a whisk.
- ☐
- Brush dough with milk mixture; sprinkle turbinado sugar evenly over dough.
- ☐
- Bake at 350 for 1 hour or until pastry is golden brown.
- ☐
- Let stand 30 minutes; cut into wedges.

Nutrition Facts



Properties

Glycemic Index:50.69, Glycemic Load:29.96, Inflammation Score:-6, Nutrition Score:8.7086956254814%

Flavonoids

Cyanidin: 33.79mg, Cyanidin: 33.79mg, Cyanidin: 33.79mg, Cyanidin: 33.79mg Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg Delphinidin: 20.97mg, Delphinidin: 20.97mg, Delphinidin: 20.97mg, Delphinidin: 20.97mg Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 12.07mg, Peonidin: 12.07mg, Peonidin: 12.07mg, Peonidin: 12.07mg Catechin: 13.81mg, Catechin: 13.81mg, Catechin: 13.81mg, Catechin: 13.81mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 308.68kcal (15.43%), Fat: 10.08g (15.51%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 51.94g (17.31%), Net Carbohydrates: 47.96g (17.44%), Sugar: 26.5g (29.44%), Cholesterol: 24.65mg (8.22%), Sodium: 146.85mg (6.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.19%), Manganese: 0.58mg (28.9%), Vitamin K: 18µg (17.15%), Fiber: 3.98g (15.94%), Vitamin C: 13.05mg (15.81%), Vitamin B1: 0.23mg (15.52%), Folate: 57.56µg (14.39%), Selenium: 9.56µg (13.66%), Vitamin B2: 0.18mg (10.65%), Vitamin B3: 1.98mg (9.88%), Iron: 1.61mg (8.94%),

Vitamin A: 383.54IU (7.67%), Vitamin E: 0.97mg (6.48%), Copper: 0.13mg (6.42%), Phosphorus: 55.23mg (5.52%),
Magnesium: 20.06mg (5.02%), Potassium: 148.03mg (4.23%), Vitamin B6: 0.08mg (3.86%), Zinc: 0.57mg (3.79%),
Vitamin B5: 0.32mg (3.16%), Calcium: 24.31mg (2.43%)