



Blueberry Basil Galette

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



151 kcal

SIDE DISH

Ingredients

- 3 cups blueberries
- 2 teaspoons coconut oil light melted ()
- 0.3 cup basil fresh chopped ()
- 0.3 cup basil fresh chopped ()
- 0.5 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest grated
- 0.3 cup maple syrup
- 2 tablespoons tapioca/arrowroot flour crushed fine

- 0.1 teaspoon sea salt
- 1.5 cups rice flour white
- 0.3 cup sugar
- 1 cup water cold as needed

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- sieve

Directions

- Mix flour and salt. Melt coconut oil, then stir with flour and salt until mixture resembles coarse meal.
- Add maple syrup gradually (if dough does not hold together on its own, add just enough ice water to hold dough together).
- Mix until a soft workable ball forms in the bowl; do not overmix.
- Add a small amount of flour if necessary. Shape the dough with your hands into a flattened disc.
- Roll dough out between two sheets of parchment paper; dust flour over the bottom sheet and on top of the dough. Use quick gentle strokes to start rolling from the center outward in each direction, like a compass.
- Transfer the parchment covered dough onto a baking sheet. Refrigerate the dough on the baking sheet while preparing the blueberry filling. To make blueberry basil filling: Preheat oven to 350 F. In a medium bowl, whisk 1/4 cup of the sugar, arrowroot powder, and sea salt together. Rinse and drain blueberries in a strainer, then transfer to a towel and blot dry. Gently stir in blueberries, basil, lemon zest, and lemon juice; set aside.
- Remove dough from refrigerator. Peel off top layer of parchment paper.

- Pour blueberry filling over tart dough, leaving a 2-inch border. Fold the dough border over the blueberry filling to form a pleated ruffle.
- Brush the folded dough border with 2 teaspoons oil, then pat the berries with the rest.
- Sprinkle the crust with 2 teaspoons of sugar.
- Bake about 45–55 minutes, or until the galette is golden and thick juices bubble on top. Cool completely before serving.

Nutrition Facts

■ PROTEIN **7.33%** ■ FAT **9.31%** ■ CARBS **83.36%**

Properties

Glycemic Index:39.36, Glycemic Load:8.78, Inflammation Score:-2, Nutrition Score:3.5204347826087%

Flavonoids

Cyanidin: 3.76mg, Cyanidin: 3.76mg, Cyanidin: 3.76mg, Cyanidin: 3.76mg Petunidin: 14mg, Petunidin: 14mg, Petunidin: 14mg, Petunidin: 14mg Delphinidin: 15.73mg, Delphinidin: 15.73mg, Delphinidin: 15.73mg, Delphinidin: 15.73mg Malvidin: 30.01mg, Malvidin: 30.01mg, Malvidin: 30.01mg, Malvidin: 30.01mg Peonidin: 9.01mg, Peonidin: 9.01mg, Peonidin: 9.01mg, Peonidin: 9.01mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Taste

Sweetness: 100%, Saltiness: 13.85%, Sourness: 51.2%, Bitterness: 41.68%, Savoriness: 6.88%, Fattiness: 10.68%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 151.2kcal (7.56%), Fat: 1.57g (2.41%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 28.01g (10.19%), Sugar: 14.27g (15.85%), Cholesterol: 0mg (0%), Sodium: 32.17mg (1.4%), Protein: 2.78g (5.55%), Manganese: 0.36mg (17.8%), Fiber: 3.56g (14.25%), Vitamin K: 13.55µg (12.91%), Vitamin B2: 0.12mg (7.21%), Vitamin C: 5.07mg (6.15%), Iron: 1.05mg (5.81%), Vitamin E: 0.27mg (1.77%), Vitamin A: 87.42IU (1.75%), Copper: 0.04mg (1.75%), Potassium: 57.22mg (1.63%), Calcium: 15.3mg (1.53%), Vitamin B1: 0.02mg (1.5%), Magnesium: 5.48mg (1.37%), Vitamin B6: 0.03mg (1.29%), Vitamin B3: 0.2mg (1.02%)