



Blueberry Cheesecake Galette

 Vegetarian

READY IN



165 min.

SERVINGS



8

CALORIES



432 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon apple cider vinegar
- ☐ 2 cups blueberries
- ☐ 1 stick butter unsalted diced cold
- ☐ 4 teaspoons cornstarch
- ☐ 8 ounce cream cheese
- ☐ 1 large eggs
- ☐ 1 large eggs beaten
- ☐ 1.8 cups flour all-purpose

- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 1 pinch kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pinch nutmeg freshly grated
- ☐ 8 servings coarse sugar for sprinkling

Equipment

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

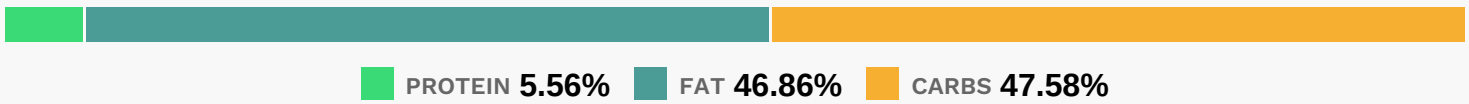
Directions

- ☐ Make the dough: Pulse the flour, granulated sugar, vinegar and salt in a food processor until combined.
- ☐ Add the butter and pulse until the mixture looks like coarse meal with pea-size pieces of butter.
- ☐ Whisk the egg with 2 tablespoons water; add to the food processor and pulse until a dough just starts to form. Turn out onto a piece of plastic wrap; shape into a disk, wrap tightly and refrigerate until firm, at least 1 hour.
- ☐ Mist a baking sheet with cooking spray.
- ☐ Roll out the dough into a 12-inch round between 2 sheets of floured parchment paper.
- ☐ Remove the top piece of parchment and invert the dough onto the prepared baking sheet; remove the other piece of parchment. Refrigerate until ready to assemble.
- ☐ Make the filling: Toss the blueberries, 1/3 cup granulated sugar, the lemon juice, cornstarch and salt in a bowl.

- ☐
- Whisk the cream cheese, egg yolk, the remaining 2 tablespoons granulated sugar and the nutmeg in a separate bowl.

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Nutrition Facts



Properties

Glycemic Index:57.78, Glycemic Load:33.63, Inflammation Score:-6, Nutrition Score:8.1478260703709%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 431.74kcal (21.59%), Fat: 22.88g (35.2%), Saturated Fat: 13.47g (84.17%), Carbohydrates: 52.28g (17.43%), Net Carbohydrates: 50.61g (18.4%), Sugar: 28.24g (31.38%), Cholesterol: 105.2mg (35.07%), Sodium: 106.62mg

(4.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.21%), Selenium: 15.17µg (21.67%), Vitamin A: 818.33IU (16.37%), Manganese: 0.32mg (16.21%), Vitamin B1: 0.24mg (16.18%), Vitamin B2: 0.26mg (15.58%), Folate: 61.74µg (15.44%), Vitamin B3: 1.81mg (9.05%), Phosphorus: 88.95mg (8.9%), Iron: 1.6mg (8.87%), Vitamin K: 8.84µg (8.42%), Fiber: 1.67g (6.67%), Vitamin E: 0.92mg (6.15%), Vitamin C: 4.32mg (5.23%), Vitamin B5: 0.5mg (5.05%), Calcium: 44.09mg (4.41%), Copper: 0.08mg (3.89%), Zinc: 0.54mg (3.61%), Vitamin B6: 0.07mg (3.33%), Potassium: 112.82mg (3.22%), Magnesium: 12.33mg (3.08%), Vitamin B12: 0.18µg (3.06%), Vitamin D: 0.45µg (3.01%)