



Blueberry Galette with Lemon Ice Cream

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



310 kcal

SIDE DISH

Ingredients

- 3 cups blueberries fresh
- 2 tablespoons cornstarch
- 1 large eggs lightly beaten
- 0.3 teaspoon ground cinnamon
- 1 tablespoon juice of lemon fresh
- 1 tablespoon lemon zest fresh finely grated
- 0.3 teaspoon salt
- 0.5 cup sugar

- 1 tablespoon butter unsalted cold cut into pieces
- 1 pt whipped cream

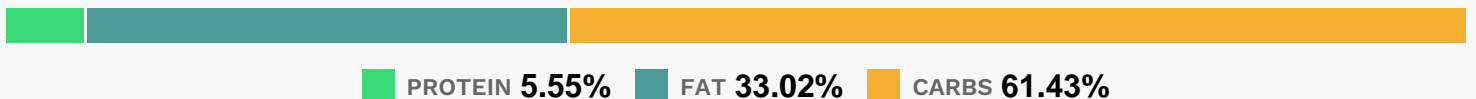
Equipment

- bowl
- baking sheet
- oven
- baking pan
- aluminum foil
- microwave

Directions

- Put oven rack in middle position and preheat oven to 425°F. Line a large baking sheet with foil and butter foil.
- Transfer ice cream to a microwave-safe bowl and microwave at 30 percent power at 10-second intervals until softened, about 50 seconds total. Stir in zest and juice, then thinly spread in a shallow baking pan and freeze while making galette.
- Stir together blueberries, cornstarch, zest, juice, cinnamon, salt, and 1/2 cup sugar in a large bowl until combined.
- Unwrap pie dough and unfold onto baking sheet, then spoon blueberry mixture onto center of dough, leaving a 1 1/2-inch border around edge.
- Fold edge of dough over 1 inch of blueberry mixture, pleating dough, then dot blueberry filling with butter pieces. Lightly brush pastry with some of beaten egg and sprinkle with remaining teaspoon sugar.
- Bake until blueberry filling is bubbling and pastry is golden, 25 to 30 minutes. Cool slightly on baking sheet on a rack.
- Serve warm galette with scoops of lemon ice cream.

Nutrition Facts



Properties

Glycemic Index:29.35, Glycemic Load:26.23, Inflammation Score:-5, Nutrition Score:6.9869564616162%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 309.62kcal (15.48%), Fat: 11.67g (17.95%), Saturated Fat: 6.84g (42.73%), Carbohydrates: 48.84g (16.28%), Net Carbohydrates: 46.33g (16.85%), Sugar: 40.86g (45.4%), Cholesterol: 70.72mg (23.57%), Sodium: 173.32mg (7.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin B2: 0.26mg (15.46%), Vitamin K: 14.73µg (14.03%), Manganese: 0.27mg (13.73%), Vitamin C: 9.91mg (12.01%), Calcium: 113.22mg (11.32%), Phosphorus: 109.47mg (10.95%), Fiber: 2.51g (10.04%), Vitamin A: 476.18IU (9.52%), Vitamin B5: 0.69mg (6.87%), Potassium: 230.94mg (6.6%), Vitamin B12: 0.39µg (6.43%), Selenium: 4.26µg (6.09%), Vitamin E: 0.81mg (5.39%), Zinc: 0.78mg (5.21%), Vitamin B6: 0.09mg (4.68%), Vitamin B1: 0.06mg (4.29%), Magnesium: 16.96mg (4.24%), Copper: 0.07mg (3.54%), Folate: 13µg (3.25%), Iron: 0.46mg (2.57%), Vitamin D: 0.36µg (2.4%), Vitamin B3: 0.42mg (2.08%)