



Blueberry-Peach Galettes

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons apricot preserves divided melted
- 1 cup blueberries fresh thawed
- 1 tablespoon granulated sugar
- 6 cups peaches fresh thawed peeled sliced
- 15 ounce pie crust dough refrigerated (such as Pillsbury)
- 0.3 cup sugar

Equipment

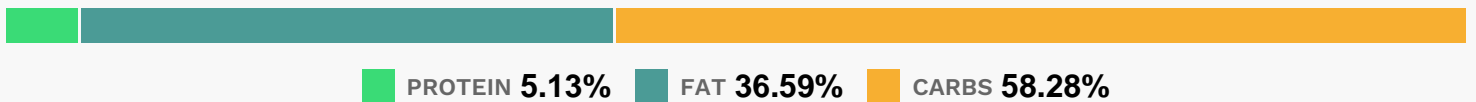
- baking sheet

- baking paper
- oven
- aluminum foil

Directions

- Preheat oven to 42
- Line a baking sheet with foil or parchment paper.
- Roll 1 dough portion into a 12-inch circle; place on foil.
- Combine peaches, blueberries, and 1/4 cup sugar. Arrange half of peach mixture in center of dough, leaving a 3-inch border. Fold edges of dough toward center, pressing gently to seal (dough will only partially cover peach mixture).
- Brush half of melted preserves over peach mixture and edges of dough.
- Bake at 425 for 10 minutes. Reduce oven temperature to 350 (do not remove galette from oven); bake an additional 20 minutes or until lightly browned. Repeat procedure with remaining dough, peach mixture, and preserves.
- Sprinkle with 1 tablespoon of sugar.
- Serve warm or at room temperature.
- Cut each galette into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:13.78, Glycemic Load:5.15, Inflammation Score:-3, Nutrition Score:3.6213043461675%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 3.34mg, Catechin: 3.34mg, Catechin: 3.34mg, Catechin: 3.34mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 171.96kcal (8.6%), Fat: 7.13g (10.97%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 25.57g (8.52%), Net Carbohydrates: 23.81g (8.66%), Sugar: 10.72g (11.91%), Cholesterol: 0mg (0%), Sodium: 117.34mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Manganese: 0.18mg (9.25%), Fiber: 1.76g (7.04%), Vitamin B3: 1.22mg (6.11%), Vitamin B1: 0.09mg (6.02%), Folate: 22.65µg (5.66%), Vitamin K: 5.46µg (5.2%), Iron: 0.93mg (5.15%), Vitamin C: 3.48mg (4.22%), Selenium: 2.81µg (4.01%), Vitamin B2: 0.07mg (4.01%), Vitamin E: 0.6mg (4%), Vitamin A: 198.65IU (3.97%), Copper: 0.07mg (3.65%), Phosphorus: 33.03mg (3.3%), Potassium: 105.36mg (3.01%), Magnesium: 9.26mg (2.32%), Vitamin B5: 0.21mg (2.08%), Zinc: 0.27mg (1.79%), Vitamin B6: 0.03mg (1.65%)