



Butternut Squash, Apple and Onion Galette with Stilton

READY IN



160 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

Ingredients

- ☐ 1 large baking apple such as rome beauty or cortland
- ☐ 8 tablespoons butter unsalted diced cold 1 stick
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 pinch salt

- ☐ 1.5 ounces coarsely stilton cheese blue crumbled
- ☐ 3 tablespoons butter unsalted melted
- ☐ 2 tablespoons whole-grain mustard
- ☐ 1 small onion yellow end trimmed peeled
- ☐ 0.8 pound or halved seeded

Equipment

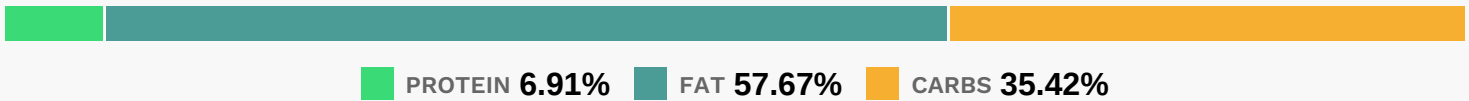
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ For the dough: Pulse the flour and salt together in a food processor.
- ☐ Add the butter and pulse about 10 times until the mixture resembles coarse cornmeal with a few bean-size bits of butter in it.
- ☐ Add the egg and pulse 1 to 2 times more; don't let the dough form a mass around the blade. If the dough seems very dry, add up to 1 tablespoon of cold water,
- ☐ teaspoon at a time, pulsing briefly.
- ☐ Remove the blade and bring the dough together by hand. Shape the dough into a disk, wrap it in plastic wrap, and refrigerate at least 1 hour.
- ☐ For the filling: Halve and core the apple.
- ☐ Cut each half into 8 wedges and put them in a large bowl. Slice the squash and cut the onion into wedges so that both are as thick as the apple wedges and add them to the apples.
- ☐ Add the butter, rosemary, and thyme and toss gently to combine. Season with salt and pepper and toss again.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Roll the dough on a lightly floured surface into a 12-inch disk.

- ☐
- Transfer the dough to a baking sheet and brush with mustard. Starting 2 inches from the edge, casually alternate pieces of apple, squash, and onion in overlapping circles. If you have extra pieces of one or another, tuck them in where you can or double them up to use all the filling. Fold and pleat the dough over the edge of the filling.
- ☐
- Bake until the crust is brown and the apple, squash, and onion are tender and caramelized, about 55 minutes. Scatter the cheese over the filling and bake until melted, about 5 minutes more. Cool the galette briefly on a wire rack.
- ☐
- Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:16.08, Inflammation Score:-10, Nutrition Score:14.413043467895%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 369.28kcal (18.46%), Fat: 24.22g (37.26%), Saturated Fat: 14.86g (92.85%), Carbohydrates: 33.46g (11.15%), Net Carbohydrates: 30.19g (10.98%), Sugar: 5.83g (6.48%), Cholesterol: 91.5mg (30.5%), Sodium: 161.34mg (7.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Vitamin A: 6824.64IU (136.49%), Selenium: 14.72µg (21.03%), Vitamin B1: 0.29mg (19.29%), Vitamin C: 15.57mg (18.88%), Folate: 74.24µg (18.56%), Manganese: 0.37mg (18.48%), Vitamin B2: 0.23mg (13.73%), Fiber: 3.27g (13.06%), Vitamin B3: 2.4mg (11.98%), Iron: 2.06mg (11.42%), Phosphorus: 110.68mg (11.07%), Vitamin E: 1.62mg (10.8%), Potassium: 333.16mg (9.52%), Calcium: 90.69mg (9.07%), Magnesium: 34.84mg (8.71%), Vitamin B6: 0.16mg (8.04%), Vitamin B5: 0.68mg (6.76%), Copper: 0.11mg (5.73%), Zinc: 0.67mg (4.44%), Vitamin D: 0.59µg (3.91%), Vitamin K: 3.8µg (3.62%), Vitamin B12: 0.2µg (3.4%)