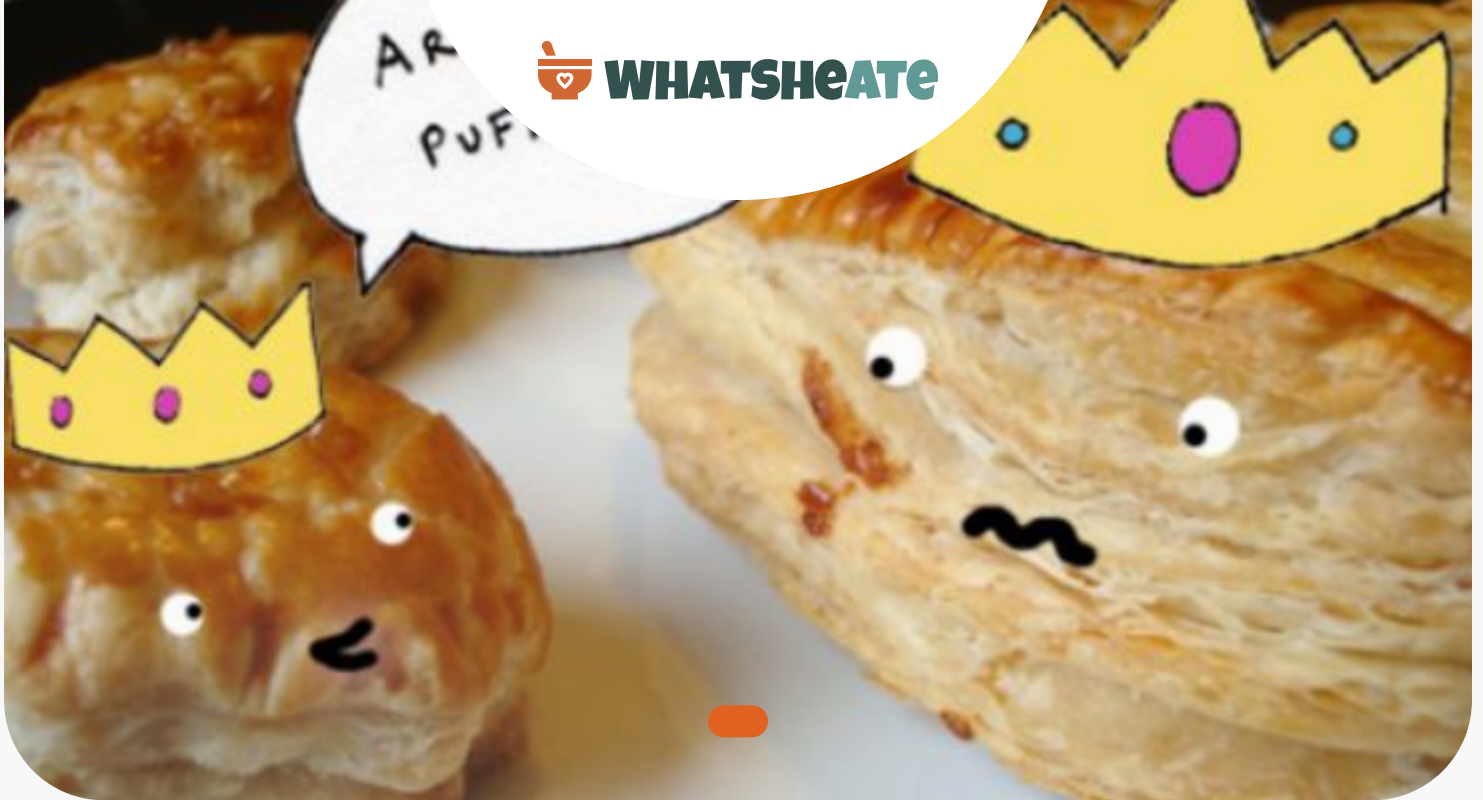




WHATSheATE



Cakespy: Mini Galettes des Rois



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup almond paste
- ☐ 1 eggs beaten (for an egg wash)
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 package puff pastry frozen thawed
- ☐ 1 pinch salt
- ☐ 3 tablespoons butter unsalted softened
- ☐ 0.3 teaspoon vanilla extract

- ☐ 0.3 cup granulated sugar white

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Place the almond paste into a food processor with about half of the sugar, and process until well blended.
- ☐ Add the butter and remaining sugar; process until smooth. Blend in one of the eggs, vanilla extract, almond extract, flour and salt. Set aside.
- ☐ Preheat the oven to 425°F. Line a baking sheet with parchment paper and set to the side.
- ☐ Roll out one sheet of the puff pastry into an 11-inch square. Keep the pastry cool, do not knead or stretch. Using a cookie or biscuit cutter (I used the "tartelette mold" which Williams-Sonoma uses on their gift wrapping), cut out as many rounds as you can from the sheet and lay them on the prepared baking sheet. Mound a bit of almond filling in the middle of each round, leaving about half an inch all around it. If you'd like, put a little prize or bean (something tiny works best) inside of any (or all) of them.
- ☐ Note: I had some extra filling left even after adding it to all of my prepared rounds of puff pastry. If you have more puff pastry, by all means, make more galettes; the filling also works beautifully stirred into cake batter or sugar cookie dough, or as a filling for crescent rolls.
- ☐ Roll out a second sheet of the puff pastry and repeat the cutouts, but this time place them on top of the ones with filling. Press down the edges to seal (I used a fork to press down the sides to ensure that they were sealed). Beat the remaining egg with a fork, and lightly brush onto the top of the galettes. Prick several small slits in the top to vent steam while baking.
- ☐ Bake in a preheated oven for about 15 minutes or until puffy and golden on the sides and top. Try to avoid opening the oven during baking (ideally an oven with a window works best) to ensure that the pastry puffs nicely.

Nutrition Facts



 **PROTEIN 5.37%**  **FAT 60.21%**  **CARBS 34.42%**

Properties

Glycemic Index:16.76, Glycemic Load:13.57, Inflammation Score:-2, Nutrition Score:5.0039130867985%

Nutrients (% of daily need)

Calories: 298.06kcal (14.9%), Fat: 20.08g (30.89%), Saturated Fat: 5.98g (37.35%), Carbohydrates: 25.83g (8.61%), Net Carbohydrates: 24.96g (9.08%), Sugar: 6.21g (6.9%), Cholesterol: 21.17mg (7.05%), Sodium: 111mg (4.83%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 4.03g (8.05%), Selenium: 11.69µg (16.7%), Manganese: 0.25mg (12.5%), Vitamin B1: 0.18mg (11.86%), Folate: 39.42µg (9.85%), Vitamin B2: 0.16mg (9.42%), Vitamin B3: 1.85mg (9.24%), Iron: 1.25mg (6.92%), Vitamin E: 0.98mg (6.53%), Vitamin K: 6.83µg (6.51%), Phosphorus: 46.16mg (4.62%), Copper: 0.07mg (3.67%), Fiber: 0.87g (3.49%), Magnesium: 13.49mg (3.37%), Zinc: 0.35mg (2.31%), Vitamin A: 107.67IU (2.15%), Calcium: 15.36mg (1.54%), Potassium: 47.33mg (1.35%)