



Caramel-Apple Galette

READY IN



46 min.

SERVINGS



8

CALORIES



338 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup caramel topping fat-free
- ☐ 1 large egg white lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 pound granny smith apples cored peeled cut into 1/4-inch-thick wedges (4 cups)
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 15 ounce pie dough refrigerated (such as Pillsbury)
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon water

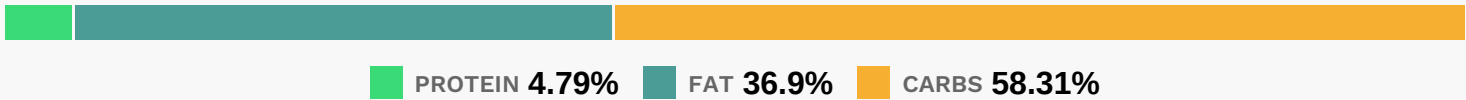
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Line a large baking sheet with parchment paper; coat paper with cooking spray.
- ☐ Roll dough into a 13-inch circle on prepared parchment.
- ☐ Combine apples and next 6 ingredients in a large bowl; toss well.
- ☐ Place apple mixture in center of dough, leaving a 3- inch border (apples will be piled high on dough). Fold edges of dough toward center, pressing gently to seal (dough will only partially cover apple mixture).
- ☐ Combine water and egg white; brush over edges of dough, and sprinkle galette with turbinado sugar.
- ☐ Bake at 425 for 25 minutes or until golden brown (filling may leak slightly during cooking).
- ☐ Drizzle with caramel topping, and serve warm.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:8.4, Inflammation Score:-2, Nutrition Score:4.8817391408526%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 338.24kcal (16.91%), Fat: 14g (21.54%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 49.78g (16.59%), Net Carbohydrates: 47.03g (17.1%), Sugar: 21.2g (23.55%), Cholesterol: 0mg (0%), Sodium: 329.84mg (14.34%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 4.09g (8.18%), Manganese: 0.28mg (13.99%), Fiber: 2.75g (11.01%), Vitamin B1: 0.16mg (10.91%), Folate: 41.23µg (10.31%), Iron: 1.51mg (8.41%), Vitamin B3: 1.55mg (7.75%), Vitamin B2: 0.13mg (7.65%), Selenium: 4.35µg (6.21%), Phosphorus: 50mg (5%), Vitamin K: 5.15µg (4.9%), Vitamin C: 3.14mg (3.81%), Potassium: 129.08mg (3.69%), Magnesium: 12.15mg (3.04%), Copper: 0.06mg (2.96%), Vitamin B5: 0.28mg (2.79%), Vitamin B6: 0.05mg (2.56%), Vitamin E: 0.36mg (2.37%), Calcium: 19.63mg (1.96%), Zinc: 0.27mg (1.82%)