



Cherry and Peach Galette

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



646 kcal

SIDE DISH

Ingredients

- 1 pound cherries pitted halved
- 1 large eggs
- 3 tablespoons flour for dusting all-purpose plus more
- 0.3 teaspoon ground allspice
- 2 teaspoons juice of lemon fresh
- 0.5 teaspoon lemon zest finely grated
- 2 peaches pitted ripe peeled cut into 1/2-inch-thick wedges
- 2 sheets puff pastry frozen thawed (one 17-to-18-ounce package)

- 0.5 cup sugar
- 2 tablespoons butter unsalted
- 2 teaspoons vanilla extract

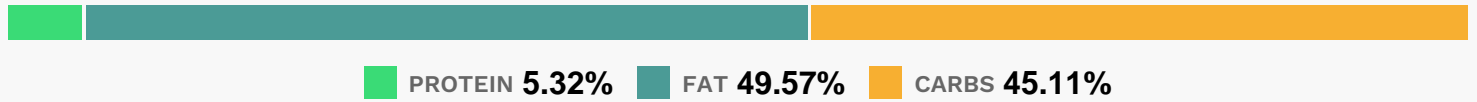
Equipment

- bowl
- baking sheet
- oven
- knife
- rolling pin

Directions

- Position a rack in the lower third of the oven and preheat to 450 degrees F. Butter a baking sheet with 1 tablespoon butter. Unfold 1 sheet puff pastry on a floured surface. Beat the egg with 1 tablespoon water and brush over the dough. Unfold the other sheet of puff pastry and lay it on top; press the sheets together with a rolling pin, then roll out into a 14-inch square.
- Transfer to the prepared baking sheet and refrigerate until firm, about 30 minutes. (Refrigerate the leftover egg wash for brushing the galette.)
- Combine the sugar, allspice, vanilla, lemon zest and lemon juice in a large bowl; transfer 2 tablespoons of the mixture to a small bowl and set aside for sprinkling.
- Add the cherries, peaches and 3 tablespoons flour to the remaining sugar mixture and toss.
- Trim the edges of the pastry with a pizza wheel or sharp knife to make a 12-inch round. Spoon the cherry mixture in the center, leaving a 2-inch border.
- Cut the remaining 1 tablespoon butter into small pieces and scatter on top. Fold in the pastry edges over the filling, pleating as needed.
- Bake the galette until puffed and golden, about 20 minutes. Reduce the oven temperature to 350 degrees F.
- Remove the galette from the oven, brush the crust with the reserved egg wash and sprinkle with the reserved sugar mixture. Return the galette to the oven and bake until the juices thicken and the pastry is cooked through, 30 to 45 more minutes (depending on the juiciness of the cherries).
- Transfer to a rack and let cool at least 10 minutes so the filling sets.

Nutrition Facts



Properties

Glycemic Index:46.39, Glycemic Load:37.69, Inflammation Score:-6, Nutrition Score:11.860434687656%

Flavonoids

Cyanidin: 23.8mg, Cyanidin: 23.8mg, Cyanidin: 23.8mg, Cyanidin: 23.8mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 5.76mg, Catechin: 5.76mg, Catechin: 5.76mg, Catechin: 5.76mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 4.95mg, Epicatechin: 4.95mg, Epicatechin: 4.95mg, Epicatechin: 4.95mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 646.31kcal (32.32%), Fat: 36.08g (55.51%), Saturated Fat: 10.58g (66.13%), Carbohydrates: 73.87g (24.62%), Net Carbohydrates: 70.17g (25.52%), Sugar: 31.37g (34.86%), Cholesterol: 41.03mg (13.68%), Sodium: 222.65mg (9.68%), Alcohol: 0.46g (100%), Alcohol %: 0.24% (100%), Protein: 8.71g (17.42%), Selenium: 24.79µg (35.42%), Vitamin B1: 0.39mg (26.08%), Manganese: 0.52mg (25.82%), Vitamin B3: 4.16mg (20.82%), Folate: 81.03µg (20.26%), Vitamin B2: 0.33mg (19.68%), Iron: 2.87mg (15.96%), Vitamin K: 16.6µg (15.81%), Fiber: 3.7g (14.82%), Vitamin C: 8.23mg (9.98%), Phosphorus: 97.87mg (9.79%), Copper: 0.19mg (9.63%), Potassium: 300.44mg (8.58%), Vitamin A: 374.45IU (7.49%), Vitamin E: 1.06mg (7.07%), Magnesium: 27.7mg (6.92%), Zinc: 0.74mg (4.96%), Vitamin B6: 0.08mg (4.21%), Vitamin B5: 0.38mg (3.79%), Calcium: 27.53mg (2.75%), Vitamin D: 0.24µg (1.58%), Vitamin B12: 0.08µg (1.37%)