



Chorizo, Red Pepper, and Potato Galette with Arugula

READY IN



45 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 2 cups baby arugula loosely packed
- ☐ 3 ounces chorizo spanish-style thinly sliced
- ☐ 0.5 teaspoon olive oil extra-virgin
- ☐ 1 sheet pie dough refrigerated for a 9-in. pie shell*
- ☐ 0.5 cup roasted bell peppers red dry thinly sliced
- ☐ 3 ounces sheep's-milk cheese basque-style thinly sliced
- ☐ 1 teaspoon sherry vinegar
- ☐ 0.5 pound yukon gold potatoes cooked thinly sliced

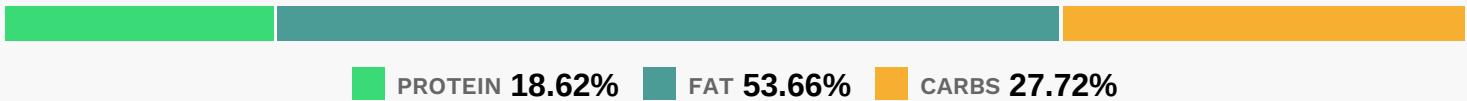
Equipment

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

Directions

- ☐ Preheat oven to 42
- ☐ Lay out a sheet of parchment paper, unroll pie dough on top, and roll into a 13-in. round. Set on a rimless baking sheet.
- ☐ Leaving a 2-in. border, scatter cheese, chorizo, potatoes, and peppers over dough.
- ☐ Fold dough edges over filling, then bake until crust is golden and cheese is melted, 20 to 25 minutes.
- ☐ Toss arugula with vinegar and oil in a small bowl until coated. Scatter over galette.
- ☐ Cut into wedges and serve immediately.
- ☐ *We especially like Pillsbury pie dough. Look for Barinaga Ranch Baserri, a California farmstead cheese sold at specialty shops, or use manchego.

Nutrition Facts



Properties

Glycemic Index:42.69, Glycemic Load:7.54, Inflammation Score:-5, Nutrition Score:7.8591303695803%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 172.2kcal (8.61%), Fat: 10.24g (15.76%), Saturated Fat: 4.85g (30.29%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 10.28g (3.74%), Sugar: 0.65g (0.72%), Cholesterol: 32.21mg (10.74%), Sodium: 489.41mg (21.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8g (15.99%), Vitamin C: 20.81mg (25.23%), Vitamin B6: 0.3mg (14.8%), Calcium: 134.93mg (13.49%), Vitamin B2: 0.21mg (12.46%), Vitamin K: 12.68µg (12.08%), Phosphorus: 112.95mg (11.3%), Vitamin A: 495.1IU (9.9%), Potassium: 315.07mg (9%), Manganese: 0.15mg (7.72%), Iron: 1.29mg (7.18%), Folate: 28.55µg (7.14%), Fiber: 1.62g (6.49%), Vitamin B12: 0.36µg (5.99%), Magnesium: 23.79mg (5.95%), Vitamin B1: 0.09mg (5.84%), Zinc: 0.86mg (5.71%), Selenium: 3.46µg (4.94%), Copper: 0.1mg (4.94%), Vitamin B3: 0.94mg (4.71%), Vitamin B5: 0.42mg (4.25%), Vitamin E: 0.16mg (1.07%)