



## Cooking Light's Pear Galette with Brandied Cranberries and Raisins

READY IN



45 min.

SERVINGS



10

CALORIES



349 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 5 cups purée of usa bartlett pear cored peeled cut lengthwise into 1/4-inch-thick slices ( 2 pounds)
- 1 cup brandy
- 3 tablespoons brown sugar
- 0.3 cup butter chilled cut into small pieces
- 2.5 tablespoons cornstarch
- 6 tablespoons cranberries dried
- 1.5 cups flour all-purpose
- 6 tablespoons golden raisins

- 6 tablespoons granulated sugar divided
- 5 tablespoons water
- 2 teaspoons powdered sugar
- 0.1 teaspoon salt
- 1.3 cups non-dairy whipped topping frozen thawed reduced-calorie

## Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- plastic wrap
- measuring cup
- tart form

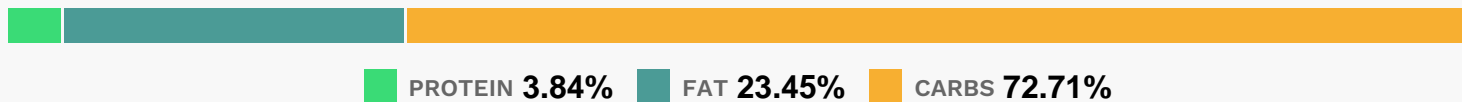
## Directions

- Combine the first 4 ingredients in a medium bowl; cover and let stand for 1 hour.
- Drain.
- Preheat oven to 42
- Lightly spoon flour into dry measuring cups; level with a knife.
- Place flour, 1 tablespoon granulated sugar, and salt in a food processor; pulse 2 times or until combined.
- Add chilled butter; pulse 4 times or until mixture resembles coarse meal. With processor on, add ice water through food chute, processing just until combined (do not form a ball). Gently press dough into a 4-inch circle on plastic wrap; cover. Chill for 15 minutes.
- Slightly overlap 2 lengths of plastic wrap on a slightly damp surface. Unwrap chilled dough, and place on plastic wrap. Cover the dough with 2 additional lengths of overlapping plastic

wrap.

- Roll dough, still covered, into a 14-inch circle.
- Place dough in freezer 10 minutes or until plastic wrap can be easily removed.
- Remove the top sheets of plastic wrap; fit dough, plastic wrap side up, into a 10-inch round removable-bottom tart pan coated with cooking spray. Press dough against bottom and sides of pan, allowing dough to extend over edges of pan; remove remaining sheets of plastic wrap.
- Combine 3 tablespoons granulated sugar, brown sugar, and cornstarch; stir with a whisk.
- Sprinkle 1/3 cup cornstarch mixture into pastry shell; cover with half of fruit mixture. Repeat layers with the remaining cornstarch mixture and fruit mixture. Fold edges of dough over fruit mixture (dough will only partially cover fruit).
- Sprinkle 2 tablespoons granulated sugar over fruit mixture; bake at 425 for 20 minutes. Reduce oven temperature to 350 (do not remove galette from oven), and bake for an additional 45 minutes or until the pastry is golden. Cool for 10 minutes on a wire rack, and sift the powdered sugar over the top of the galette.
- Serve the galette warm or at room temperature with whipped topping.

## Nutrition Facts



## Properties

Glycemic Index:30.78, Glycemic Load:22.65, Inflammation Score:-4, Nutrition Score:5.3643477740495%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 348.52kcal (17.43%), Fat: 7.82g (12.04%), Saturated Fat: 5g (31.25%), Carbohydrates: 54.57g (18.19%), Net Carbohydrates: 51.04g (18.56%), Sugar: 31.98g (35.53%), Cholesterol: 16.46mg (5.49%), Sodium: 88.96mg (3.87%), Alcohol: 8.02g (100%), Alcohol %: 6.03% (100%), Protein: 2.89g (5.77%), Fiber: 3.53g (14.12%), Vitamin B1: 0.16mg (10.74%), Manganese: 0.21mg (10.67%), Selenium: 6.99µg (9.98%), Folate: 39.33µg (9.83%), Vitamin B2: 0.14mg (8.47%), Iron: 1.26mg (6.99%), Vitamin B3: 1.39mg (6.97%), Copper: 0.13mg (6.52%), Potassium: 179.08mg (5.12%),

Phosphorus: 49.14mg (4.91%), Vitamin K: 4.54µg (4.33%), Vitamin A: 215.63IU (4.31%), Vitamin C: 3.39mg (4.1%),  
Vitamin E: 0.52mg (3.45%), Magnesium: 13.1mg (3.28%), Vitamin B6: 0.06mg (3.14%), Calcium: 26.51mg (2.65%),  
Zinc: 0.25mg (1.7%), Vitamin B5: 0.16mg (1.57%)