



Duck Fat-Potato Galette with Caraway and Sweet Onions

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

Ingredients

- 2 tablespoons add carrot and onion to bacon fat . cook melted
- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon caraway seeds
- 1 teaspoon kosher salt ()
- 1 small onion sweet very thinly sliced (such as Maui)
- 4 tablespoons butter unsalted divided melted plus more for pan ()
- 2 pounds yukon gold potatoes with a mandoline or v-slicer unpeeled cut into 1/8"-thick slices

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil
- ziploc bags
- spatula
- rolling pin

Directions

- Arrange a rack in middle of oven; preheat to 425°F.
- Brush a foil- or parchment-lined baking sheet with butter; set springform ring on top.
- Toast caraway in a small skillet over medium heat until fragrant, about 1 minute.
- Let cool.
- Place in a resealable plastic bag; crush with a rolling pin or bottom of a skillet.
- Place in a large bowl.
- Add duckfat, 2 tablespoons butter, 1 teaspoon salt, and pepper.
- Add potatoes; toss to coat.
- Arrange 1/4 of potatoes in an even layer inside ring on baking sheet, overlapping as needed. Toss onion in a large bowl with 1 tablespoon melted butter. Arrange 1/3 of onion over potatoes. Repeat layers twice more, finishing with a layer of potatoes. Carefully remove ring.
- Bake until potatoes are tender, about 45 minutes.
- Brush with 1 tablespoon butter.
- Bake until edges of potatoes are deep golden and top is crisp, 5–10 minutes longer.
- Run a thin spatula under galette to loosen from foil. Slide onto a platter. Season with salt, if desired.

Nutrition Facts

PROTEIN 5.81% FAT 44.83% CARBS 49.36%

Properties

Glycemic Index:19.29, Glycemic Load:19.36, Inflammation Score:-5, Nutrition Score:9.1799999579139%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 243.83kcal (12.19%), Fat: 12.42g (19.11%), Saturated Fat: 6.66g (41.61%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 26.85g (9.76%), Sugar: 3.96g (4.4%), Cholesterol: 24.5mg (8.17%), Sodium: 409.15mg (17.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin C: 32.47mg (39.36%), Vitamin B6: 0.52mg (25.96%), Potassium: 708.98mg (20.26%), Fiber: 3.93g (15.71%), Manganese: 0.3mg (14.9%), Phosphorus: 104.53mg (10.45%), Magnesium: 40.65mg (10.16%), Copper: 0.2mg (9.99%), Vitamin B1: 0.14mg (9.66%), Folate: 37.2µg (9.3%), Vitamin B3: 1.68mg (8.39%), Iron: 1.37mg (7.62%), Vitamin B5: 0.51mg (5.14%), Vitamin A: 238.33IU (4.77%), Vitamin K: 3.96µg (3.78%), Vitamin B2: 0.06mg (3.74%), Zinc: 0.54mg (3.57%), Calcium: 33.54mg (3.35%), Vitamin E: 0.28mg (1.84%), Vitamin D: 0.26µg (1.71%), Selenium: 0.85µg (1.22%)