



Fall Pear Galette

READY IN



45 min.

SERVINGS



8

CALORIES



404 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 5 anjou pear cored ripe peeled cut into 1-inch slices
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 tablespoon juice of lemon
- ☐ 15 ounce pie crust dough refrigerated (such as Pillsbury)
- ☐ 2 ounces sharp cheddar cheese shredded

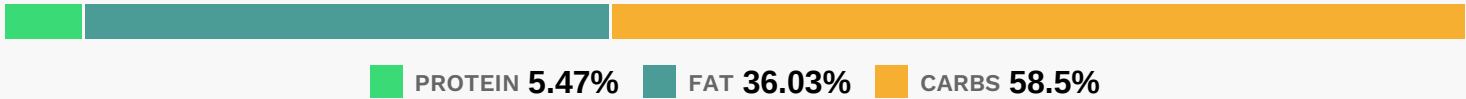
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ To prepare galette, line a jelly roll pan with foil, and coat foil with cooking spray.
- ☐ Roll dough into an 11-inch circle; place on baking sheet.
- ☐ Sprinkle crust with cheese, leaving a 1-inch border.
- ☐ Combine pears, juice, and nutmeg in a large bowl; toss well.
- ☐ Add brown sugar and flour; toss gently. Arrange fruit on dough leaving a 2-inch border. (Pears will be piled high on dough.) Fold edges of dough toward center, pressing gently to seal (dough will only partially cover pears).
- ☐ Bake at 400 for 30 minutes or until crust is lightly browned (filling may leak slightly during cooking). Cool galette on a wire rack.
- ☐ To prepare caramel, heat granulated sugar in a small heavy saucepan over medium heat until sugar dissolves, stirring as needed to dissolve sugar evenly (about 4 minutes). Cook 1 minute or until golden.
- ☐ Remove from heat.
- ☐ Drizzle over galette.

Nutrition Facts



Properties

Glycemic Index:34.86, Glycemic Load:12.37, Inflammation Score:-3, Nutrition Score:7.1547825764055%

Flavonoids

Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 404.27kcal (20.21%), Fat: 16.49g (25.37%), Saturated Fat: 5.74g (35.85%), Carbohydrates: 60.26g (20.09%), Net Carbohydrates: 55.4g (20.14%), Sugar: 25.92g (28.8%), Cholesterol: 7.09mg (2.36%), Sodium: 266.96mg (11.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.27%), Fiber: 4.87g (19.46%), Manganese: 0.31mg (15.71%), Folate: 52.1µg (13.02%), Vitamin B1: 0.18mg (12.28%), Iron: 1.78mg (9.89%), Vitamin B2: 0.17mg (9.78%), Vitamin B3: 1.79mg (8.97%), Selenium: 6.24µg (8.91%), Phosphorus: 87.61mg (8.76%), Vitamin K: 8.95µg (8.53%), Calcium: 76.6mg (7.66%), Copper: 0.14mg (7.1%), Vitamin C: 5.51mg (6.68%), Potassium: 200.43mg (5.73%), Magnesium: 19.08mg (4.77%), Zinc: 0.63mg (4.23%), Vitamin B6: 0.07mg (3.43%), Vitamin B5: 0.32mg (3.23%), Vitamin E: 0.44mg (2.9%), Vitamin A: 99.5IU (1.99%), Vitamin B12: 0.08µg (1.25%)