

# Galette des Rois

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon almond extract
- 0.3 cup almond paste
- 1 eggs beaten
- 2 tablespoons flour all-purpose
- 1 kidney bean dry
- 17.3 ounce puff pastry frozen thawed
- 1 pinch salt
- 3 tablespoons butter unsalted softened

- 0.3 teaspoon vanilla extract
- 0.3 cup sugar white

## Equipment

- food processor
- frying pan
- baking sheet
- baking paper
- oven
- knife
- wire rack
- blender
- cake form

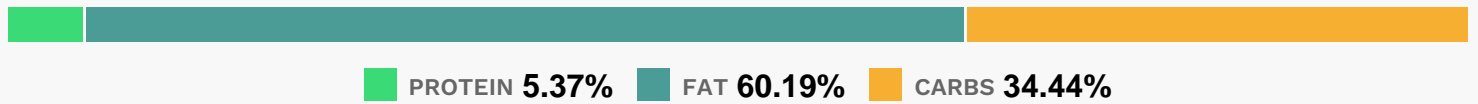
## Directions

- Place the almond paste into a food processor or blender with about half of the sugar, and process until well blended.
- Add the butter and remaining sugar using and process until smooth, then blend in 1 egg, vanilla extract, almond extract, flour and salt. Set aside.
- Preheat the oven to 425 degrees F (220 degrees C). Butter a baking sheet or line with parchment paper, and set aside.
- Roll out one sheet of the puff pastry into an 11-inch square. Keep the pastry cool, do not knead or stretch. Use a large pie plate, cake pan or frying pan to trace an 11 inch circle onto the dough using the tip of a small knife.
- Place the circle of pastry onto the prepared baking sheet. Repeat with the second sheet of pastry. Refrigerate both sheets.
- Mound the almond filling onto the center of the pastry that is on the baking sheet. Leave about 1 1/2 inch margin at the edges. Press the bean or feve down into the filling.
- Place the second sheet of pastry on top, and press down the edges to seal. Beat the remaining egg with a fork, and lightly brush onto the top of the galette. Use a knife to make a crisscross pattern in the egg wash, and then prick several small slits in the top to vent steam

while baking.

- Bake for 15 minutes in the preheated oven. Do not open the oven until the time is up, as the pastry will not fully puff.
- Remove from the oven, and dust with confectioners' sugar. Return to the oven, and cook for an additional 12 to 15 minutes, or until the top is a deep golden brown.
- Transfer to a wire rack to cool.
- Lay a golden paper crown gently on top of the cake. This will be used to crown the person who finds the bean or feve.
- Serve warm or cold. Make sure to tell everyone about the bean or feve.

## Nutrition Facts



## Properties

Glycemic Index:14.52, Glycemic Load:10.16, Inflammation Score:-2, Nutrition Score:3.7526087130055%

## Nutrients (% of daily need)

Calories: 223.29kcal (11.16%), Fat: 15.04g (23.13%), Saturated Fat: 4.48g (27.98%), Carbohydrates: 19.36g (6.45%), Net Carbohydrates: 18.7g (6.8%), Sugar: 4.66g (5.18%), Cholesterol: 15.87mg (5.29%), Sodium: 83.1mg (3.61%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 3.02g (6.04%), Selenium: 8.75µg (12.5%), Manganese: 0.19mg (9.38%), Vitamin B1: 0.13mg (8.88%), Folate: 29.6µg (7.4%), Vitamin B2: 0.12mg (7.06%), Vitamin B3: 1.38mg (6.92%), Iron: 0.93mg (5.19%), Vitamin E: 0.73mg (4.89%), Vitamin K: 5.12µg (4.88%), Phosphorus: 34.67mg (3.47%), Copper: 0.06mg (2.76%), Fiber: 0.66g (2.63%), Magnesium: 10.13mg (2.53%), Zinc: 0.26mg (1.73%), Vitamin A: 80.75IU (1.62%), Calcium: 11.53mg (1.15%), Potassium: 35.71mg (1.02%)