

Galette des Rois



Vegetarian



Popular

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
- ☐ 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.

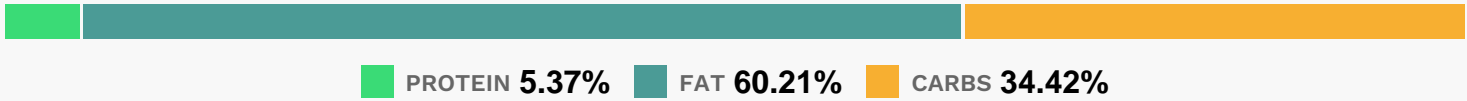
☐ Place the circle of pastry onto the prepared baking sheet. Repeat with the second sheet of pastry. Refrigerate both sheets.

☐ 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:12.57, Glycemic Load:10.16, Inflammation Score:-2, Nutrition Score:3.7473912744418%

Nutrients (% of daily need)

Calories: 223.21kcal (11.16%), Fat: 15.04g (23.13%), Saturated Fat: 4.48g (27.98%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 18.69g (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 (6.03%), Selenium: 8.75µg (12.5%), Manganese: 0.19mg (9.36%), Vitamin B1: 0.13mg (8.88%), Folate: 29.52µg (7.38%), Vitamin B2: 0.12mg (7.06%), Vitamin B3: 1.38mg (6.92%), Iron: 0.93mg (5.18%), Vitamin E: 0.73mg (4.89%), Vitamin K: 5.12µg (4.87%), Phosphorus: 34.58mg (3.46%), Copper: 0.05mg (2.75%), Fiber: 0.65g (2.62%), Magnesium: 10.1mg (2.53%), Zinc: 0.26mg (1.73%), Vitamin A: 80.75IU (1.62%), Calcium: 11.51mg (1.15%), Potassium: 35.46mg (1.01%)