



WHATSheATe



Goat Cheese Potato Galette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon fennel pollen
- ☐ 6 tablespoons mild goat cheese crumbled
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings sea salt and pepper freshly ground
- ☐ 1.3 pounds yukon gold potatoes peeled thinly sliced

Equipment

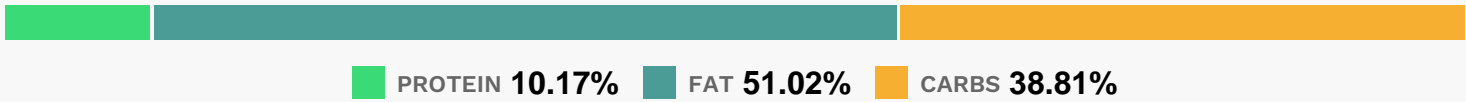
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Preheat the oven to 42
- ☐ In a large bowl, toss the potatoes with 2 tablespoons of the oil and season with salt and pepper. In a lightly oiled 10-inch nonstick ovenproof skillet, arrange one-third of the potato slices in an overlapping circular pattern. Top with half the goat cheese and another third of the potatoes. Repeat with the remaining goat cheese and potatoes.
- ☐ Cut out a 10-inch round of parchment or wax paper. Moisten the paper and then lay it on top of the potatoes. Cover with a lid that fits inside the skillet and cook the galette over moderate heat for 8 minutes, or until golden around the edges when the paper is peeled back.
- ☐ Transfer the covered skillet to the oven and bake for 15 minutes, or until the potatoes are just tender when pierced with a knife.
- ☐ Remove the lid and parchment and bake for 7 minutes longer, or until the top is browned. Run a spatula around the edge of the skillet and shake to loosen the galette. Invert a plate over the skillet, flip and turn out the galette.
- ☐ Heat the remaining 1 tablespoon of olive oil in the skillet until shimmering.
- ☐ Add the fennel pollen and a pinch of salt and cook over high heat until fragrant, about 30 seconds.
- ☐ Cut the galette into wedges and drizzle with the fennel-pollen oil.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:18.13, Inflammation Score:-4, Nutrition Score:9.5804347266322%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 262.41kcal (13.12%), Fat: 15.05g (23.16%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 22.64g (8.23%), Sugar: 1.29g (1.44%), Cholesterol: 9.66mg (3.22%), Sodium: 279.78mg (12.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.51%), Vitamin C: 27.92mg (33.85%), Vitamin B6: 0.47mg (23.53%), Potassium: 602.36mg (17.21%), Copper: 0.31mg (15.35%), Phosphorus: 134.56mg (13.46%), Fiber: 3.12g (12.47%), Manganese: 0.24mg (11.92%), Iron: 1.93mg (10.69%), Vitamin E: 1.56mg (10.43%), Magnesium: 35.97mg (8.99%), Vitamin K: 9.39µg (8.94%), Vitamin B1: 0.13mg (8.54%), Vitamin B3: 1.58mg (7.92%), Vitamin B2: 0.13mg (7.36%), Calcium: 66.63mg (6.66%), Folate: 25.2µg (6.3%), Vitamin B5: 0.56mg (5.62%), Vitamin A: 219.76IU (4.4%), Zinc: 0.6mg (4.03%), Selenium: 1.01µg (1.45%)