

Lemon-Sugar Galette

 Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon lemon zest grated
- 0.5 pound pizza dough frozen thawed
- 2 tablespoons sugar
- 2 tablespoons butter unsalted melted

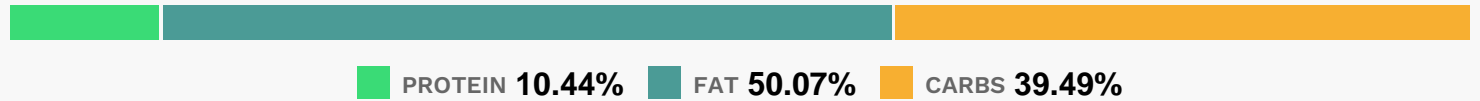
Equipment

- baking sheet
- oven
- rolling pin

Directions

- Preheat oven to 500°F with rack in upper third.
- Roll out dough into a 15- by 12-inch rectangle on a lightly floured surface with a floured rolling pin.
- Transfer to a buttered 17- by 13-inch baking sheet and stretch to edges.
- Let stand 10 minutes.
- Brush dough with butter, then stir together sugar and zest and sprinkle over dough.
- Bake, rotating sheet halfway through baking, until golden in spots and crisp, 7 to 10 minutes. Break into pieces.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:2.79, Inflammation Score:-2, Nutrition Score:3.8904348106488%

Nutrients (% of daily need)

Calories: 150.24kcal (7.51%), Fat: 8.44g (12.98%), Saturated Fat: 4.01g (25.08%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 14.13g (5.14%), Sugar: 5.35g (5.95%), Cholesterol: 15.33mg (5.11%), Sodium: 169.53mg (7.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Selenium: 8.2µg (11.71%), Calcium: 69.04mg (6.9%), Phosphorus: 68.8mg (6.88%), Vitamin B2: 0.1mg (5.88%), Manganese: 0.11mg (5.52%), Vitamin B1: 0.08mg (5.34%), Vitamin B12: 0.3µg (5.05%), Vitamin A: 245.98IU (4.92%), Iron: 0.86mg (4.79%), Copper: 0.09mg (4.35%), Vitamin B3: 0.83mg (4.16%), Folate: 14.53µg (3.63%), Fiber: 0.85g (3.4%), Zinc: 0.5mg (3.36%), Vitamin E: 0.49mg (3.27%), Vitamin K: 2.82µg (2.69%), Magnesium: 8.81mg (2.2%), Potassium: 58.92mg (1.68%), Vitamin B6: 0.03mg (1.59%)