



Native American Galette

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



281 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons butter
- ☐ 4 cups flour all-purpose
- ☐ 1.5 cups milk
- ☐ 1 teaspoon salt

Equipment

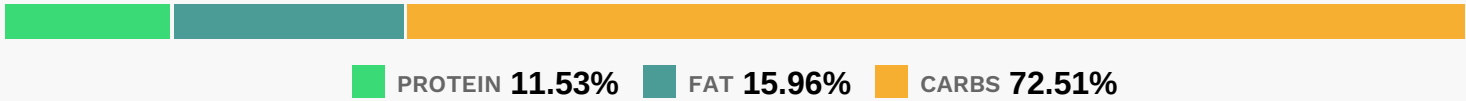
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ butter knife

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet.
- ☐ In a large bowl, stir together flour, salt and baking powder.
- ☐ Cut in butter until mixture resembles coarse crumbs. Stir in milk, mixing just until dough holds together. Form dough into a round and place onto prepared baking sheet.
- ☐ Bake in preheated oven for 30 minutes, or until a butter knife inserted into center of the loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:35.7, Inflammation Score:-5, Nutrition Score:10.776521796766%

Nutrients (% of daily need)

Calories: 280.84kcal (14.04%), Fat: 4.91g (7.56%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 50.25g (16.75%), Net Carbohydrates: 48.56g (17.66%), Sugar: 2.37g (2.63%), Cholesterol: 13.02mg (4.34%), Sodium: 490.83mg (21.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.97%), Vitamin B1: 0.52mg (34.43%), Selenium: 22.1µg (31.56%), Folate: 114.48µg (28.62%), Vitamin B2: 0.37mg (21.95%), Manganese: 0.43mg (21.45%), Vitamin B3: 3.74mg (18.7%), Iron: 3.07mg (17.05%), Calcium: 154.81mg (15.48%), Phosphorus: 147.41mg (14.74%), Fiber: 1.69g (6.76%), Magnesium: 19.72mg (4.93%), Copper: 0.09mg (4.54%), Vitamin B5: 0.45mg (4.48%), Vitamin B12: 0.25µg (4.22%), Zinc: 0.63mg (4.19%), Potassium: 136.7mg (3.91%), Vitamin D: 0.5µg (3.36%), Vitamin A: 161.58IU (3.23%), Vitamin B6: 0.06mg (2.78%)