



Onion Anchovy Galette

READY IN



1500 min.

SERVINGS



6

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 fillet anchovy
- ☐ 0.5 teaspoon thyme dried crumbled
- ☐ 1.3 cups flour all-purpose
- ☐ 1 garlic clove
- ☐ 3 tablespoons water
- ☐ 2 tablespoons olive oil
- ☐ 2 large onion sliced (2 pounds total)
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tomato paste

- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ rolling pin
- ☐ dough scraper

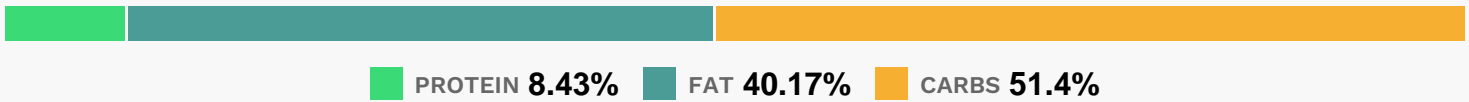
Directions

- ☐ Blend together flour, butter, and salt in a bowl with your fingertips or a pastry blender (or pulse in a food processor) just until most of mixture resembles coarse meal with some roughly pea-size butter lumps.
- ☐ Drizzle 3 tablespoons ice water evenly over mixture and gently stir with a fork (or pulse in processor) until incorporated.
- ☐ Squeeze a small handful: If it doesn't hold together, add more ice water, 1/2 tablespoon at a time, stirring (or pulsing) until incorporated, then test again. (Do not overwork mixture or pastry will be tough.)
- ☐ Turn out mixture onto a lightly floured surface and divide into 4 portions. With heel of your hand, smear each portion once or twice in a forward motion to help distribute fat. Gather dough together, with a pastry or bench scraper if you have one, and press into a ball, then flatten into a 5-inch disk. Chill, wrapped in plastic wrap, until firm, at least 1 hour.
- ☐ Cook onions in oil and butter in a 12-inch heavy skillet over medium heat, stirring occasionally, until softened and golden, about 30 minutes.
- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Finely chop anchovies and garlic together. Stir together with tomato paste and thyme.
- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 13-inch round.

- ☐
- Transfer to a parchment-lined large baking sheet.

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Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:15.81, Inflammation Score:-5, Nutrition Score:6.551304317039%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg

Nutrients (% of daily need)

Calories: 199.22kcal (9.96%), Fat: 8.95g (13.77%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 23.96g (8.71%), Sugar: 2.85g (3.17%), Cholesterol: 12.03mg (4.01%), Sodium: 146.13mg (6.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin B1: 0.23mg (15.61%), Selenium: 10.7µg (15.28%), Folate: 58.48µg (14.62%), Manganese: 0.28mg (13.79%), Vitamin B3: 2.24mg (11.18%), Iron: 1.72mg (9.56%), Vitamin B2: 0.16mg (9.49%), Fiber: 1.81g (7.25%), Vitamin E: 1.06mg (7.07%), Vitamin C: 5.07mg (6.14%), Phosphorus: 54.9mg (5.49%), Vitamin K: 5.46µg (5.2%), Potassium: 171.58mg (4.9%), Vitamin B6: 0.09mg (4.73%), Copper: 0.09mg (4.39%), Vitamin A: 203.83IU (4.08%), Magnesium: 14.81mg (3.7%), Calcium: 26.16mg (2.62%), Zinc: 0.37mg (2.5%), Vitamin B5: 0.21mg (2.13%)