



Pansy Rhubarb Galettes

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



322 kcal

SIDE DISH

Ingredients

- 2 tablespoons cornstarch
- 0.1 teaspoon nutmeg
- 2 pie crust dough homemade divided store-bought (or)
- 2 pounds rhubarb cut into 1/2-inch pieces
- 0.3 teaspoon sea salt
- 1 cup sugar with a 1/2 cup pansy flowers in a food processor until pulverized)

Equipment

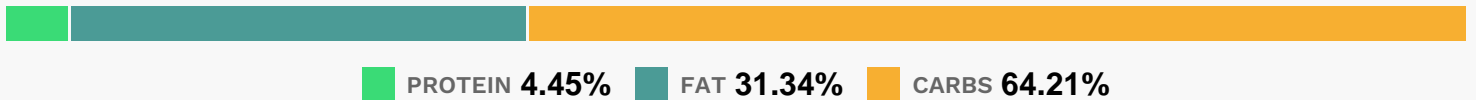
- bowl

- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 400°F. Line two baking sheets with parchment paper.
- In a large nonreactive bowl, toss together rhubarb, sugar, cornstarch, salt, nutmeg, and half the pansy petals.
- Roll out dough rounds until they are thin and about 6 inches in diameter.
- Place them on baking sheets about 2 inches apart.
- Heap about a half cup of the rhubarb mixture into the center of each round. Gather dough around filling, pinching the edges but leaving the center open.
- Bake galettes for 30 minutes, or until the crust is a deep golden brown and the filling is oozy and soft.
- Sprinkle the remaining pansy petals over top.
- Serve warm, drizzled with pansy syrup, if desired.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:17.86, Inflammation Score:-3, Nutrition Score:7.4478260641513%

Flavonoids

Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg

Nutrients (% of daily need)

Calories: 322.07kcal (16.1%), Fat: 11.4g (17.54%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 52.55g (17.52%), Net Carbohydrates: 49.42g (17.97%), Sugar: 26.21g (29.12%), Cholesterol: 0mg (0%), Sodium: 251.47mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.29%), Vitamin K: 36.33µg (34.6%), Manganese: 0.41mg (20.66%), Fiber: 3.13g (12.51%), Vitamin C: 9.07mg (11%), Calcium: 105.99mg (10.6%), Potassium: 368.5mg (10.53%), Folate: 37.71µg (9.43%), Vitamin B1: 0.14mg (9.31%), Iron: 1.38mg (7.66%), Vitamin B3: 1.49mg (7.44%), Vitamin B2:

0.11mg (6.53%), Selenium: 3.88µg (5.54%), Magnesium: 20.1mg (5.03%), Phosphorus: 46.8mg (4.68%), Vitamin E: 0.5mg (3.34%), Copper: 0.06mg (2.94%), Vitamin B5: 0.27mg (2.69%), Vitamin B6: 0.05mg (2.43%), Vitamin A: 116.12IU (2.32%), Zinc: 0.31mg (2.06%)