



Peach Galette



Vegetarian



Popular

READY IN



100 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cup flour
- ☐ 1.5 teaspoons sugar
- ☐ 0.5 teaspoon salt
- ☐ 4 oz butter chilled cut into small (1/2-inch) cubes, in freezer at least 15 minutes, preferably an hour ()
- ☐ 4 Tbsp ice water
- ☐ 2 large not-overly-ripe peaches yellow pitted sliced into 1/4-inch to 1/2-inch slices ()
- ☐ 3 Tbsp sugar
- ☐ 1 Tbsp flour

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 Tbsp almond paste
- ☐ 1 teaspoon butter
- ☐ 1 eggs

Equipment

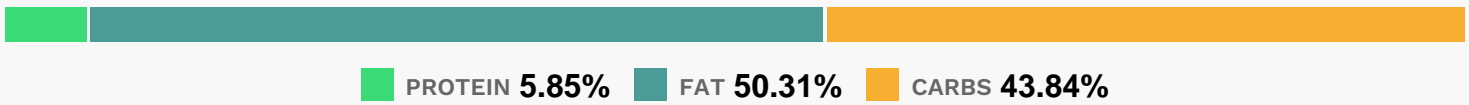
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pastry brush

Directions

- ☐ Make the crust dough: In a food processor, pulse the flour, sugar, and salt, until well mixed.
- ☐ Add the cubed butter, and pulse 8 times. The butter should still be the size of peas in the mixture.
- ☐ Slowly add the ice water, a tablespoon or two at a time, pulsing after each addition, until the dough just begins to clump.
- ☐ Turn out onto a clean surface. Use your clean hands to form into a disc. Do not over-knead. Work the dough only enough to bring it barely together into a disk.
- ☐ Sprinkle with a little flour on all sides, wrap with plastic, and place into the refrigerator to chill for an hour. (See our pate brisee recipe for more detailed instruction if you are new to making crusts.)
- ☐ Toss peaches with flour, sugar, vanilla: Preheat the oven with the rack in the middle position to 425°F (220°C).
- ☐ Place the peach slices in a bowl and sprinkle with the flour and sugar. Toss gently to coat.
- ☐ Sprinkle vanilla extract over the peaches.
- ☐ Whisk egg: In a small bowl, whisk the egg until smooth and set aside.

- ☐ Roll out dough: On a lightly floured, clean, smooth surface, roll out the dough to about a 12-inch diameter. Gently lift up the rolled out dough and place it on a rimmed baking sheet.
- ☐ Dot with almond paste if using, arrange peach slices on dough round: If you are using almond paste (not necessary, but a nice addition if you have it), dot the middle 6-inch circle of the dough with the almond paste. (If you can spread it, great. Otherwise, just dot with little bits.)
- ☐ Arrange the peach slices in an overlapping pattern in a single layer in the center of the dough, forming about a 7 or 8-inch circle. Dot with a little butter.
- ☐ Fold dough edges over, brush with beaten egg: Fold the outer edges of the dough round over the filling, by about 2-inches all the way around, in an accordion fashion.
- ☐ Use a pastry brush to coat the exposed dough with an egg wash (you can cook up the leftover egg as a little scrambled egg, by the way), and sprinkle with coarse sugar if using.
- ☐ Place in the oven and bake at 425°F (220°C) for about 15–20 minutes, until nicely browned.
- ☐ Remove from the oven and let cool on the baking sheet, over a rack, about 15 minutes.
- ☐ Great served with a little vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:53.8, Glycemic Load:16.48, Inflammation Score:-5, Nutrition Score:5.3052174526712%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 236.95kcal (11.85%), Fat: 13.42g (20.64%), Saturated Fat: 7.87g (49.2%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 25g (9.09%), Sugar: 9.75g (10.83%), Cholesterol: 52.28mg (17.43%), Sodium: 255.04mg (11.09%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 3.51g (7.02%), Selenium: 9.81µg (14.01%), Vitamin B1: 0.18mg (11.72%), Folate: 44.57µg (11.14%), Vitamin A: 542.17IU (10.84%), Manganese: 0.19mg (9.31%), Vitamin B2: 0.15mg (9.08%), Vitamin B3: 1.6mg (8%), Iron: 1.23mg (6.85%), Vitamin E: 1mg (6.69%), Fiber: 1.3g (5.22%),

Phosphorus: 51.35mg (5.13%), Copper: 0.08mg (3.93%), Magnesium: 11.67mg (2.92%), Potassium: 93.2mg (2.66%),
Vitamin B5: 0.26mg (2.6%), Zinc: 0.36mg (2.4%), Vitamin K: 2.43µg (2.31%), Vitamin C: 1.8mg (2.18%), Calcium:
15.29mg (1.53%), Vitamin B6: 0.03mg (1.53%), Vitamin B12: 0.07µg (1.24%)