



Pear, Dried-Cherry and Almond Galette

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



559 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 3.5 ounces almond paste cut into small pieces
- ☐ 0.3 cup almonds sliced
- ☐ 1.3 lb bosc pear firm cored ripe peeled halved sliced
- ☐ 0.3 cup cherries dried
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 17.3 oz puff pastry frozen thawed (2 sheets)

- ☐ 5 tablespoons sugar
- ☐ 3 tablespoons butter unsalted at room temperature

Equipment

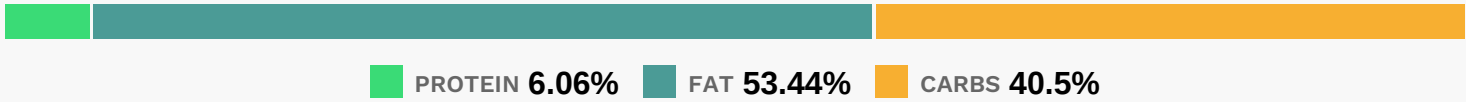
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ rolling pin

Directions

- ☐ Place almonds in a skillet over medium heat. Cook, shaking skillet often, until nuts are lightly toasted, 5 to 7 minutes.
- ☐ Transfer to a bowl.
- ☐ Preheat oven to 375F; line a large baking sheet with parchment.
- ☐ Place one sheet of puff pastry on a lightly floured surface.
- ☐ Brush it lightly with water; place second sheet on top. Using a rolling pin, roll pastry sheets together into a 12-inch square, then trim into a 12-inch circle.
- ☐ Transfer to lined baking sheet; refrigerate.
- ☐ In a bowl, using an electric mixer on medium speed, beat almond paste, 3 Tbsp. sugar and 1 egg until smooth. Beat in butter and almond extract until smooth. Stir in flour.
- ☐ Spread mixture evenly over pastry, leaving a 1-inch border. Fan pears in a circle over filling. Scatter cherries on top. Fold pastry edges over filling, pleating as you go, leaving center of pears exposed. The pastry should tightly enclose pears and filling.
- ☐ Beat remaining egg with 1 tsp. water.
- ☐ Brush mixture over pastry edges.
- ☐ Sprinkle remaining sugar over fruit.
- ☐ Bake until pastry is golden, about 45 minutes.

- ☐ Sprinkle almonds over fruit and transfer tart to a wire rack to cool.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.98, Glycemic Load:24.42, Inflammation Score:-5, Nutrition Score:11.519130458003%

Flavonoids

Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 559.28kcal (27.96%), Fat: 33.82g (52.03%), Saturated Fat: 9.45g (59.09%), Carbohydrates: 57.67g (19.22%), Net Carbohydrates: 53.07g (19.3%), Sugar: 22.15g (24.61%), Cholesterol: 57.79mg (19.26%), Sodium: 173.76mg (7.55%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 8.63g (17.25%), Selenium: 20.12µg (28.74%), Manganese: 0.52mg (26.11%), Vitamin E: 3.08mg (20.54%), Vitamin B2: 0.35mg (20.34%), Vitamin B1: 0.29mg (19.24%), Fiber: 4.6g (18.39%), Folate: 72.56µg (18.14%), Vitamin B3: 3.07mg (15.36%), Iron: 2.39mg (13.3%), Vitamin K: 13.4µg (12.76%), Phosphorus: 119.16mg (11.92%), Copper: 0.23mg (11.35%), Magnesium: 40.69mg (10.17%), Vitamin A: 396.35IU (7.93%), Potassium: 200.48mg (5.73%), Zinc: 0.85mg (5.66%), Calcium: 54.75mg (5.48%), Vitamin C: 3.06mg (3.71%), Vitamin B6: 0.06mg (3.2%), Vitamin B5: 0.27mg (2.68%), Vitamin D: 0.33µg (2.19%), Vitamin B12: 0.12µg (2%)