



Pear, Roquefort, and Caramelized Onion Galette

READY IN



45 min.

SERVINGS



10

CALORIES



333 kcal

SIDE DISH

Ingredients

- ☐ 2 bosc pears firm peeled thinly sliced
- ☐ 1 tablespoon butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 15 ounce piecrusts refrigerated
- ☐ 3 ounces roquefort cheese crumbled

- ☐ 0.3 teaspoon salt
- ☐ 2 pounds onions sweet thinly sliced

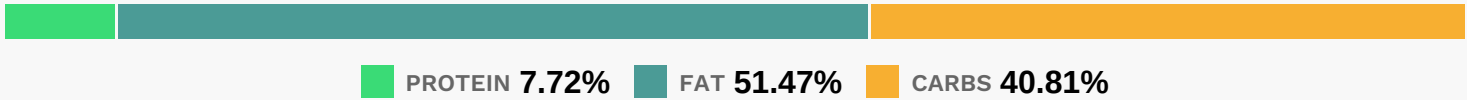
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Cook onion in butter in a large skillet over medium-low heat, 30 to 35 minutes or until onion is caramelized, stirring often. Stir in salt and pepper; set aside.
- ☐ Unfold piecrust and roll into a 14" circle on a lightly floured surface.
- ☐ Transfer to a parchment paper-lined baking sheet.
- ☐ Combine pear slices and flour; toss gently to coat.
- ☐ Spread three-fourths of onion over piecrust, leaving a 4" border around edges. Arrange pear slices over onion; top with remaining onion, pecans, and cheese. Fold over 4" borders of dough, pressing gently to seal.
- ☐ Brush dough with beaten egg.
- ☐ Bake at 425 for 24 to 25 minutes or until golden, shielding with aluminum foil, if necessary, to prevent excessive browning. Cool on baking sheet on a wire rack 5 minutes.
- ☐ Serve warm, or cool to room temperature on wire rack.

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:2.07, Inflammation Score:-6, Nutrition Score:8.338695704937%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 13.47mg, Quercetin: 13.47mg, Quercetin: 13.47mg, Quercetin: 13.47mg

Nutrients (% of daily need)

Calories: 332.77kcal (16.64%), Fat: 19.35g (29.77%), Saturated Fat: 5.84g (36.53%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 30.98g (11.26%), Sugar: 8.26g (9.18%), Cholesterol: 26.25mg (8.75%), Sodium: 413.85mg (17.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Manganese: 0.53mg (26.74%), Folate: 62.24µg (15.56%), Fiber: 3.54g (14.16%), Vitamin B1: 0.21mg (13.72%), Phosphorus: 118.93mg (11.89%), Vitamin B2: 0.18mg (10.81%), Iron: 1.72mg (9.55%), Calcium: 93.13mg (9.31%), Copper: 0.19mg (9.28%), Vitamin B6: 0.18mg (9.03%), Selenium: 6.15µg (8.78%), Vitamin B3: 1.5mg (7.51%), Vitamin C: 5.95mg (7.21%), Magnesium: 27.08mg (6.77%), Potassium: 229.55mg (6.56%), Zinc: 0.84mg (5.59%), Vitamin B5: 0.55mg (5.55%), Vitamin K: 5.23µg (4.98%), Vitamin A: 179.68IU (3.59%), Vitamin E: 0.43mg (2.86%), Vitamin B12: 0.1µg (1.67%)