

Pineapple Galette

READY IN



4500 min.

SERVINGS



8

CALORIES



386 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 1.5 cups flour all-purpose
- ☐ 3 tablespoons ice water
- ☐ 4 pound pineapple fresh cored peeled quartered (preferably labeled extra-sweet)
- ☐ 1 teaspoon rounded salt
- ☐ 3 tablespoons semolina (sometimes called semolina flour)
- ☐ 3 tablespoons sugar
- ☐ 1 tablespoon butter unsalted melted
- ☐ 8 servings accompaniment: vanilla ice cream

- ☐ 1 tablespoon milk whole

Equipment

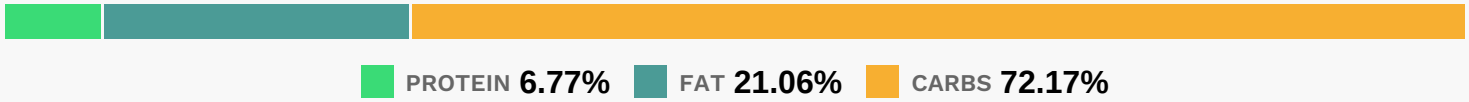
- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ dough scraper

Directions

- ☐ Blend together flour, salt, sugar, and butter with your fingertips or a pastry blender (or pulse in a food processor) just until mixture resembles coarse meal with some small (roughly pea-size) butter lumps.
- ☐ Drizzle with 3 tablespoons ice water and gently stir with a fork 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 just incorporated, then test again. (Don't overwork, or pastry will be tough.)
- ☐ Turn out dough 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 distribute fat. Gather dough together, with a pastry or bench scraper if you have one, and form into a 6-inch disk. Chill, wrapped in plastic wrap, until firm, at least 1 hour.
- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Roll out dough on a lightly floured surface with a floured rolling pin into a 15- by 11-inch rectangle and transfer to a large baking sheet. Chill until slightly firm but still flexible, about 5 minutes.
- ☐ Sprinkle semolina evenly over dough, leaving a 1-inch border all around, then arrange pineapple wedges on dough, overlapping them slightly, in 3 lengthwise rows.
- ☐ Brush pineapple with melted butter.

- ☐
- Mix together sugar and cinnamon and sprinkle over pineapple. Fold border of dough inward over outer edge of pineapple and brush with milk.
- ☐
- Bake galette 30 minutes, then cover loosely with a sheet of foil and bake until filling is bubbling and pastry is golden, 25 to 30 minutes more.
- ☐
- Discard foil and cool galette, uncovered, on baking sheet on a rack 20 minutes, then slide off baking sheet onto rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:45.22, Glycemic Load:42.97, Inflammation Score:-7, Nutrition Score:19.748695668967%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 386.44kcal (19.32%), Fat: 9.31g (14.33%), Saturated Fat: 5.48g (34.25%), Carbohydrates: 71.83g (23.94%), Net Carbohydrates: 67.31g (24.48%), Sugar: 40.98g (45.53%), Cholesterol: 33.03mg (11.01%), Sodium: 347.51mg (15.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.48%), Vitamin C: 108.81mg (131.89%), Manganese: 2.31mg (115.69%), Vitamin B1: 0.44mg (29.09%), Folate: 97.22µg (24.3%), Vitamin B2: 0.38mg (22.5%), Selenium: 14.4µg (20.57%), Fiber: 4.52g (18.08%), Copper: 0.31mg (15.54%), Vitamin B6: 0.3mg (15.15%), Vitamin B3: 2.93mg (14.65%), Phosphorus: 122.65mg (12.27%), Calcium: 122.17mg (12.22%), Potassium: 417.59mg (11.93%), Iron: 2.06mg (11.43%), Magnesium: 44.58mg (11.14%), Vitamin B5: 1.01mg (10.1%), Vitamin A: 456.36IU (9.13%), Zinc: 0.96mg (6.41%), Vitamin B12: 0.27µg (4.51%), Vitamin E: 0.31mg (2.1%), Vitamin K: 2µg (1.91%), Vitamin D: 0.18µg (1.19%)