



Plum Galette

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

Ingredients

- 3.5 tablespoons butter chilled cut into small pieces
- 1 tablespoon cornmeal
- 1 tablespoon cornstarch
- 1 cup flour all-purpose
- 3 tablespoons ice water
- 0.3 cup plum jam
- 1 tablespoon plum jam
- 4 medium plums cut into 8 wedges
- 0.3 teaspoon salt

- 1 tablespoon sugar

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- knife
- wire rack
- plastic wrap
- measuring cup

Directions

- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, butter, and salt in a food processor; process until mixture resembles coarse meal. With processor on, slowly add ice water through food chute, processing just until combined (do not form a ball). Press mixture gently into a 4-inch circle on plastic wrap. Cover and chill 30 minutes.
- Preheat oven to 425.
- Line a baking sheet with parchment paper; sprinkle paper with cornmeal. Unwrap dough; roll dough into a 9-inch circle on a lightly floured surface.
- Place dough on baking sheet.
- Combine plums and cornstarch in a large bowl, tossing to coat.
- Add 1/4 cup Plum Jam; toss well to coat. Arrange plum mixture on top of dough, leaving a 1/2-inch border. Fold edges of dough over plum mixture.
- Bake at 425 for 20 minutes.
- Remove galette from oven (do not turn oven off).
- Brush crust with 1 tablespoon Plum Jam; sprinkle galette with sugar.

Bake at 425 for 20 minutes or until crust is golden brown. Cool in pan on a wire rack 10 minutes before serving.

Nutrition Facts

PROTEIN 4.93% **FAT 28.36%** **CARBS 66.71%**

Properties

Glycemic Index:68.71, Glycemic Load:21.85, Inflammation Score:-4, Nutrition Score:4.8217391702144%

Flavonoids

Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 222.46kcal (11.12%), Fat: 7.07g (10.87%), Saturated Fat: 4.26g (26.6%), Carbohydrates: 37.4g (12.47%), Net Carbohydrates: 35.86g (13.04%), Sugar: 14.94g (16.59%), Cholesterol: 17.56mg (5.85%), Sodium: 156.01mg (6.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin B1: 0.18mg (12.27%), Selenium: 7.64µg (10.92%), Folate: 43.06µg (10.77%), Manganese: 0.18mg (9.18%), Vitamin B2: 0.13mg (7.79%), Vitamin B3: 1.46mg (7.32%), Vitamin A: 355.89IU (7.12%), Vitamin C: 5.72mg (6.93%), Iron: 1.19mg (6.59%), Fiber: 1.54g (6.16%), Copper: 0.08mg (3.93%), Phosphorus: 38.75mg (3.87%), Vitamin K: 3.45µg (3.29%), Potassium: 112.27mg (3.21%), Magnesium: 10.43mg (2.61%), Vitamin E: 0.34mg (2.29%), Vitamin B6: 0.04mg (1.78%), Zinc: 0.26mg (1.74%), Vitamin B5: 0.17mg (1.73%), Calcium: 11.66mg (1.17%)