



Plum Galette

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon powdered sugar
- ☐ 8 tablespoons granulated sugar
- ☐ 8 servings pastry crust for a single-crust pie
- ☐ 1.5 lb plums black red pitted halved cut lengthwise into 8 wedges
- ☐ 2 tablespoons semolina flour
- ☐ 1 tablespoon cognac
- ☐ 0.8 cup cream sour

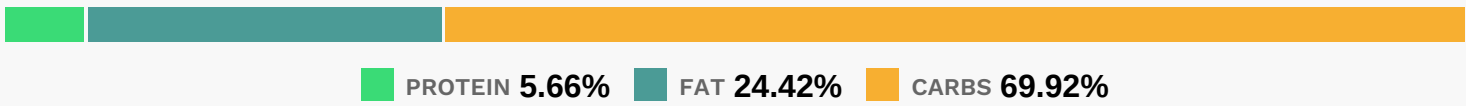
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ rolling pin
- ☐ pastry brush

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F. Line a large (17- by 12-inch) baking sheet with parchment paper.
- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 13-inch round.
- ☐ Transfer to baking sheet.
- ☐ Stir together semolina flour and 2 tablespoons granulated sugar and spread evenly over dough, leaving a 1-inch border. Arrange plums, skin sides down, in 1 layer on top of sugar mixture, then sprinkle plums with 3 tablespoons granulated sugar. Fold in edge of dough to cover outer rim of plums, pleating dough as necessary.
- ☐ Bake galette, loosely covered with a sheet of foil, 40 minutes.
- ☐ Remove foil and bake until fruit is tender and juices are bubbling, about 5 minutes more.
- ☐ Transfer galette on baking sheet to a rack and immediately brush hot juices over plums using a pastry brush. Dust hot galette with confectioners sugar (sugar will melt and help glaze galette). Cool to warm or room temperature, about 30 minutes.
- ☐ While galette cools, stir together crme frache, Armagnac (if using), and remaining 3 tablespoons granulated sugar in a bowl until sugar is dissolved.
- ☐ Serve galette with Armagnac cream.

Nutrition Facts



Properties

Glycemic Index:26.97, Glycemic Load:16.7, Inflammation Score:-4, Nutrition Score:5.2286956776743%

Flavonoids

Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg Epicatechin 3–gallate: 0.65mg, Epicatechin 3–gallate: 0.65mg, Epicatechin 3–gallate: 0.65mg, Epicatechin 3–gallate: 0.65mg Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 206.36kcal (10.32%), Fat: 5.64g (8.67%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 34.63g (12.59%), Sugar: 22.16g (24.62%), Cholesterol: 12.72mg (4.24%), Sodium: 98.65mg (4.29%), Alcohol: 0.63g (100%), Alcohol %: 0.55% (100%), Protein: 2.94g (5.88%), Selenium: 8.61µg (12.3%), Vitamin B1: 0.16mg (10.73%), Vitamin C: 8.27mg (10.03%), Vitamin B2: 0.15mg (8.63%), Vitamin A: 427.75IU (8.56%), Manganese: 0.16mg (8.04%), Folate: 29.03µg (7.26%), Vitamin B3: 1.37mg (6.85%), Fiber: 1.7g (6.78%), Vitamin K: 6.24µg (5.94%), Iron: 0.94mg (5.21%), Potassium: 181.71mg (5.19%), Phosphorus: 49.35mg (4.93%), Copper: 0.08mg (3.99%), Magnesium: 12.7mg (3.17%), Calcium: 29.73mg (2.97%), Vitamin B5: 0.27mg (2.66%), Vitamin E: 0.33mg (2.19%), Vitamin B6: 0.04mg (2.15%), Zinc: 0.29mg (1.93%)