



Plum Galette

 Vegetarian

READY IN



140 min.

SERVINGS



6

CALORIES



379 kcal

SIDE DISH

Ingredients

- ☐ 160 g all purpose flour
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon salt
- ☐ 5 ounces butter unsalted cut into cubes ()
- ☐ 57 ml cup heavy whipping cream sour
- ☐ 1 eggs beaten for egg wash
- ☐ 1 teaspoon cup heavy whipping cream for egg wash
- ☐ 6 tart plums and/or pluots pitted sliced ()

- ☐ 70 g sugar
- ☐ 0.1 teaspoon cinnamon
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon lemon zest (or lemon)
- ☐ 1 teaspoon a tablespoon of flour quick (for thickening)

Equipment

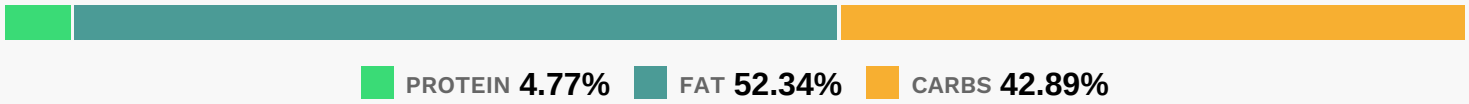
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ pastry brush

Directions

- ☐ Make the dough for the galette: If making a homemade crust, make the dough at least an hour in advance.
- ☐ Whisk together the flour, sugar, and salt in a large bowl.
- ☐ Add the cubed butter to the dough and use your (clean) hands or a pastry blender to work the butter into the dough until the mixture resembled crumbs, with pieces of butter no bigger than a pea.
- ☐ Add the sour cream to the mixture and mix in with a fork. Gather the dough into a ball with your hands and flatten into a disk shape. Wrap with plastic wrap and chill for at least an hour (it will need chilling to firm up) before rolling out.
- ☐ Toss plum slices with sugar, cinnamon, lemon, instant tapioca: In a medium sized bowl, gently toss the plum slices with the sugar, cinnamon, lemon juice, zest, and instant tapioca (or flour).
- ☐ oven to 375°F (190°C).

- ☐ Remove the pie dough from the refrigerator to let stand for 5 minutes before rolling out. Line a baking sheet with parchment paper or a silicone mat, or lightly butter a baking sheet. Lightly flour a clean surface and roll out the pie dough to a 13-inch round of even thickness.
- ☐ Arrange plum slices in center of dough round, fold up edges:
- ☐ Place rolled-out pie dough in the center of the lined or buttered baking sheet. Arrange the plum slices in a circular pattern, starting from 1 1/2 to 2 inches from the outside edge of the dough, working your way into the center. Fold the edges of the pie crust up and over so that circle of the filling is visible.
- ☐ Brush with egg wash, sprinkle with coarse sugar: If you want an attractive finish for the crust, whisk together the egg and cream in a small bowl.
- ☐ Brush on the exposed pastry crust with a pastry brush.
- ☐ Sprinkle with some coarse sugar.
- ☐ Bake:
- ☐ Place in the middle rack of the oven.
- ☐ Bake at 375°F (190°C) for 40–50 minutes, until the crust is lightly browned and the filling is bubbly. Cool on a rack for an hour before serving.

Nutrition Facts



Properties

Glycemic Index:43.14, Glycemic Load:25.88, Inflammation Score:-6, Nutrition Score:7.4121739138728%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 378.57kcal (18.93%), Fat: 22.44g (34.52%), Saturated Fat: 13.54g (84.64%), Carbohydrates: 41.37g (13.79%), Net Carbohydrates: 39.67g (14.43%), Sugar: 19.34g (21.49%), Cholesterol: 84.46mg (28.15%), Sodium: 210.58mg (9.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin A: 927.81IU (18.56%), Selenium: 11.97µg (17.1%), Vitamin B1: 0.23mg (15.62%), Folate: 57.06µg (14.26%), Vitamin B2: 0.21mg (12.37%), Manganese: 0.23mg (11.43%), Vitamin B3: 1.88mg (9.38%), Vitamin C: 7.11mg (8.62%), Iron: 1.5mg (8.36%), Fiber: 1.7g (6.82%), Phosphorus: 67.19mg (6.72%), Vitamin K: 6.16µg (5.86%), Vitamin E: 0.86mg (5.72%), Potassium: 162.14mg (4.63%), Copper: 0.09mg (4.42%), Vitamin B5: 0.38mg (3.8%), Vitamin D: 0.51µg (3.43%), Magnesium: 12.95mg (3.24%), Calcium: 28.77mg (2.88%), Zinc: 0.4mg (2.7%), Vitamin B6: 0.05mg (2.46%), Vitamin B12: 0.13µg (2.1%)