



Plum Galette with Armagnac Cream

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



295 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ounce bread whole-wheat
- 9 tablespoons brown sugar divided
- 2 tablespoons butter melted
- 8 tablespoons butter chilled cut into small pieces
- 1.3 cups flour all-purpose
- 2 teaspoons granulated sugar
- 0.3 cup water
- 3 pounds plums ripe quartered

- 0.3 cup powdered sugar
- 0.3 teaspoon salt
- 1 cup cream light sour
- 1 vanilla pod halved
- 1 teaspoon vanilla extract
- 2 tablespoons milk whole
- 3 tablespoons pastry flour whole-wheat
- 0.3 cup cognac
- 2 tablespoons cognac

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- blender
- plastic wrap
- measuring cup

Directions

- To prepare galette, weigh or lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, granulated sugar, and salt in a medium bowl, and cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add ice water; stir just until moist. Pat dough into a 7-inch circle on plastic wrap; cover. Chill for 15 minutes.

- Combine plums, 1/2 cup brown sugar, 1/4 cup Armagnac, and vanilla bean in a large skillet over medium heat, and cook for 10 minutes or until plums are tender, stirring occasionally. Cool to room temperature.
- Preheat oven to 30
- Tear bread into 1-inch pieces.
- Place on baking sheet; bake 30 minutes or until dry and golden.
- Place bread in a food processor; process until coarse crumbs measure 1/4 cup.
- Increase oven to 42
- Unwrap and place dough on a baking sheet.
- Roll dough into a 15-inch circle; sprinkle dough with breadcrumbs, leaving a 2-inch border. Arrange plum mixture over crumbs. Fold edges of dough over plum mixture (dough will only partially cover plum mixture).
- Brush dough edges and top of fruit with melted butter; sprinkle with remaining 1 tablespoon brown sugar.
- Bake at 425 for 15 minutes. Reduce oven temperature to 375 (do not remove galette from oven); bake an additional 20 minutes or until bubbly and edges are golden. Cool 5 minutes on pan; loosen galette from pan. Cool an additional 30 minutes on pan.
- To prepare cream, combine sour cream and remaining ingredients in a small bowl, stirring with a whisk.
- Serve over galette slices.

Nutrition Facts



Properties

Glycemic Index:34.2, Glycemic Load:13.17, Inflammation Score:-6, Nutrition Score:6.7313043682472%

Flavonoids

Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg

Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg,
Epigallocatechin 3-gallate: 0.45mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg
Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 295.36kcal (14.77%), Fat: 12.24g (18.83%), Saturated Fat: 7.37g (46.08%), Carbohydrates: 40.36g (13.45%),
Net Carbohydrates: 38.11g (13.86%), Sugar: 24.3g (27%), Cholesterol: 32.09mg (10.7%), Sodium: 154.75mg (6.73%),
Alcohol: 2.62g (100%), Alcohol %: 1.74% (100%), Protein: 3.58g (7.15%), Vitamin A: 749.89IU (15%), Vitamin C:
10.95mg (13.27%), Manganese: 0.26mg (13.06%), Vitamin B1: 0.17mg (11.29%), Selenium: 7.36µg (10.52%), Folate:
36.41µg (9.1%), Fiber: 2.24g (8.98%), Vitamin B2: 0.14mg (8.16%), Vitamin K: 8.37µg (7.97%), Vitamin B3: 1.54mg
(7.72%), Potassium: 262.47mg (7.5%), Phosphorus: 62.05mg (6.21%), Iron: 1.07mg (5.95%), Calcium: 53.06mg
(5.31%), Copper: 0.11mg (5.28%), Magnesium: 17.71mg (4.43%), Vitamin E: 0.65mg (4.33%), Vitamin B6: 0.06mg
(2.92%), Vitamin B5: 0.28mg (2.78%), Zinc: 0.4mg (2.7%), Vitamin B12: 0.11µg (1.9%)