



Plum Galette with Armagnac Cream

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



290 kcal

SIDE DISH

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 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 frangelico
- 2 tablespoons frangelico

Equipment

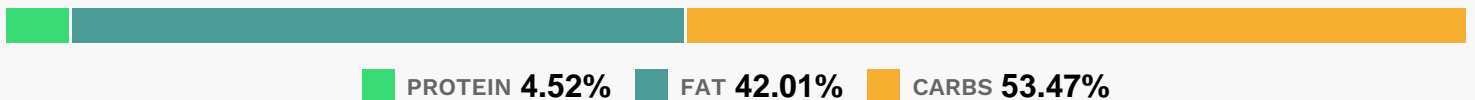
- food processor
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- blender
- plastic wrap
- measuring cup

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:31.7, Glycemic Load:13.17, Inflammation Score:0, Nutrition Score:6.7321738548901%

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: 289.91kcal (14.5%), Fat: 13.93g (21.43%), Saturated Fat: 8.04g (50.27%), Carbohydrates: 39.88g (13.29%),
Net Carbohydrates: 37.64g (13.69%), Sugar: 24.91g (27.67%), Cholesterol: 36.69mg (12.23%), Sodium: 144.71mg
(6.29%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 3.37g (6.74%), Vitamin A: 806.44IU (16.13%),
Vitamin C: 10.95mg (13.27%), Manganese: 0.26mg (13.1%), Vitamin B1: 0.17mg (11.01%), Selenium: 7.48µg (10.68%),
Fiber: 2.24g (8.98%), Folate: 35.45µg (8.86%), Vitamin B2: 0.15mg (8.68%), Vitamin K: 8.56µg (8.15%), Vitamin B3:
1.55mg (7.74%), Potassium: 245.64mg (7.02%), Phosphorus: 62.71mg (6.27%), Iron: 1.07mg (5.93%), Copper: 0.1mg
(5.22%), Calcium: 45.39mg (4.54%), Magnesium: 17.71mg (4.43%), Vitamin E: 0.66mg (4.43%), Vitamin B5: 0.34mg
(3.42%), Vitamin B6: 0.06mg (3.11%), Zinc: 0.37mg (2.46%), Vitamin B12: 0.07µg (1.23%)