



Plum-Marzipan Galette

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 7.5 ounces trans-fat-free ready-to-bake pie crust dough refrigerated
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 cup marzipan crumbled
- ☐ 1.5 pounds plums italian pitted sliced
- ☐ 0.3 cup sugar divided

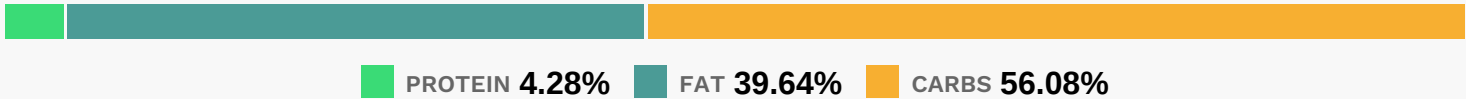
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375°. Coat a large rimmed baking sheet with cooking spray. In a bowl, toss plums with 1/3 cup sugar and cardamom. Dust flour on work surface; roll out dough to a 14-inch diameter and transfer to baking sheet. Leaving a 2-inch border, sprinkle marzipan on dough. Arrange plums in circular pattern over marzipan. Fold and pleat edges toward center.
- ☐ Brush dough with egg and sprinkle with remaining 1 teaspoon sugar.
- ☐ Bake until crust is golden, 22 to 26 minutes. Cool; serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:15.73, Glycemic Load:6.76, Inflammation Score:-2, Nutrition Score:2.7469565220501%

Flavonoids

Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 159.77kcal (7.99%), Fat: 7.22g (11.11%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 21.83g (7.94%), Sugar: 14.03g (15.59%), Cholesterol: 15.5mg (5.17%), Sodium: 115.14mg (5.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Vitamin C: 5.4mg (6.54%), Manganese: 0.12mg (6.1%), Vitamin E: 0.76mg (5.06%), Fiber: 1.16g (4.63%), Vitamin A: 218.7IU (4.37%), Vitamin K: 3.64µg (3.47%), Vitamin B2: 0.06mg (3.39%), Potassium: 109.45mg (3.13%), Phosphorus: 30.1mg (3.01%), Copper: 0.06mg (2.95%), Magnesium: 11.46mg (2.87%), Selenium: 1.78µg (2.55%), Folate: 9.92µg (2.48%), Vitamin B3: 0.48mg (2.38%),

Vitamin B1: 0.03mg (2.18%), Iron: 0.33mg (1.81%), Vitamin B5: 0.16mg (1.6%), Vitamin B6: 0.03mg (1.3%), Zinc: 0.19mg (1.29%)