



Rhubarb Cardamom Galette

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



286 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar packed
- 2 tablespoons flour
- 3 tablespoons granulated sugar divided
- 0.3 teaspoon ground cardamom
- 9 oz puff pastry frozen thawed
- 12 ounces rhubarb thick thin (8 or 3 stalks)

Equipment

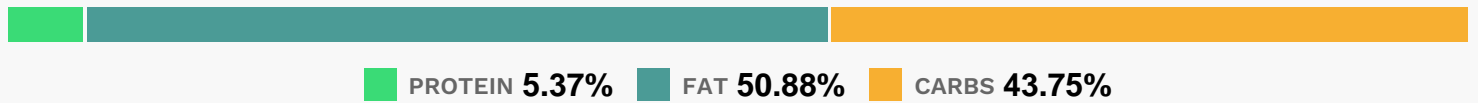
- bowl

- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 425 with a rack set on lowest level. Unfold pastry onto a baking sheet lined with parchment paper. In a small bowl, mix together 1 tablespoon granulated sugar, the brown sugar, cardamom, and flour. Evenly sprinkle sugar mixture over pastry.
- Trim rhubarb 1 in. shorter than pastry, then split lengthwise into 1/2-in.-wide pieces.
- Lay pieces parallel across the pastry square, leaving 1/2 in. border of pastry.
- Sprinkle rhubarb with remaining 2 tablespoon granulated sugar.
- Bake galette until edges are golden brown and puffed, 12 to 15 minutes.
- Serve with sweetened whipped cream or ice cream.

Nutrition Facts



Properties

Glycemic Index:36.52, Glycemic Load:16.16, Inflammation Score:-2, Nutrition Score:6.5126087458237%

Flavonoids

Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg

Nutrients (% of daily need)

Calories: 286.27kcal (14.31%), Fat: 16.36g (25.18%), Saturated Fat: 4.14g (25.84%), Carbohydrates: 31.66g (10.55%), Net Carbohydrates: 29.91g (10.87%), Sugar: 8.87g (9.86%), Cholesterol: 0mg (0%), Sodium: 108.84mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.77%), Vitamin K: 23.47µg (22.35%), Manganese: 0.36mg (18.03%), Selenium: 11.82µg (16.89%), Vitamin B1: 0.2mg (13.36%), Vitamin B3: 2.09mg (10.47%), Folate: 41.73µg (10.43%), Vitamin B2: 0.15mg (8.88%), Iron: 1.36mg (7.55%), Fiber: 1.75g (7%), Potassium: 195.62mg (5.59%), Calcium: 55.43mg (5.54%), Vitamin C: 4.55mg (5.52%), Phosphorus: 36.38mg (3.64%), Magnesium: 14.53mg (3.63%), Copper: 0.07mg (3.28%), Vitamin E: 0.38mg (2.56%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.02mg (1.23%), Vitamin A: 58.26IU (1.17%)