



Rhubarb Ginger Galette

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

Ingredients

- ☐ 1 recipe pâte brisée pie crust
- ☐ 3 cups rhubarb stalks green cut into 1/4-inch slices (leaves discarded) (4 stalks)
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons flour
- ☐ 1 orange zest
- ☐ 2 tablespoons candied ginger minced
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon butter

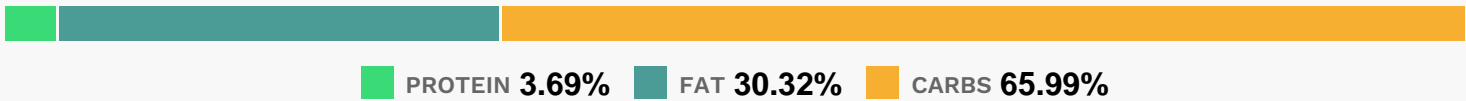
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ In a bowl combine the rhubarb, sugar, flour, orange zest, flour, vanilla, and ginger and allow to macerate for 15 minutes.
- ☐ Preheat the oven to 375°F.
- ☐ Roll out the dough: If you are using homemade chilled pie dough, remove it from the refrigerator to let stand for 10 minutes before rolling out.
- ☐ Lightly flour a clean surface and roll out the pie dough to a 13-inch round of even thickness.
- ☐ Place rolled-out pie dough in the center of a small-rimmed, lightly buttered baking sheet.
- ☐ Mound rhubarb mixture in center of dough: Use a slotted spoon to lift up the rhubarb mixture, leaving the excess liquid behind, and place the rhubarb mixture in the center of the pie dough round, leaving a border of 2 inches on all sides.
- ☐ Dot the mound of rhubarb with butter.
- ☐ Fold the edges of the pie crust up and over so that circle of the filling is visible.
- ☐ Place in the middle rack of the oven.
- ☐ Bake at 375°F for 35–40 minutes. The crust should be slightly browned and the filling slightly bubbly.
- ☐ Cool: Cool on a rack for at least half an hour.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:34.68, Glycemic Load:19.05, Inflammation Score:-2, Nutrition Score:5.074347830661%

Flavonoids

Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg

Nutrients (% of daily need)

Calories: 278.94kcal (13.95%), Fat: 9.51g (14.63%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 46.56g (15.52%), Net Carbohydrates: 44.48g (16.17%), Sugar: 28.24g (31.38%), Cholesterol: 5.02mg (1.67%), Sodium: 134.25mg (5.84%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Protein: 2.6g (5.21%), Vitamin K: 20.11µg (19.15%), Manganese: 0.26mg (13.22%), Vitamin C: 7.6mg (9.21%), Fiber: 2.09g (8.34%), Vitamin B1: 0.11mg (7.49%), Folate: 29.35µg (7.34%), Calcium: 62.32mg (6.23%), Potassium: 212.13mg (6.06%), Iron: 1.02mg (5.65%), Vitamin B3: 1.12mg (5.59%), Vitamin B2: 0.09mg (5.11%), Selenium: 3.33µg (4.75%), Phosphorus: 32.66mg (3.27%), Magnesium: 12.69mg (3.17%), Vitamin A: 129.21IU (2.58%), Vitamin E: 0.36mg (2.37%), Copper: 0.04mg (2.09%), Vitamin B5: 0.19mg (1.9%), Vitamin B6: 0.03mg (1.68%), Zinc: 0.22mg (1.44%)