

SIDE DISH

Rustic Apple Galette

1 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.69	421 kcal



The recipe Rustic Apple Galette can be made in roughly 45 minutes. One portion of this dish contains around 6g of protein, 17g of fat, and a total of 421 calories. For 69 cents per serving, this recipe covers 8% of your daily requirements of vitamins and minerals. This recipe serves 8.

Ingredients

☐ ½ cup stone-ground whole-wheat flour	☐ 3 tablespoons apple juice
☐ 1 tablespoon unsalted butter, diced	☐ ½ cup packed dark brown sugar
☐ 1 large egg white	☐ 1½ cups all-purpose flour
☐ 3 tablespoons all-purpose flour	☐ 3 teaspoons granulated sugar
☐ 0.1 teaspoon ground allspice	☐ ½ teaspoon ground cinnamon
☐ 2 tablespoons fresh lemon juice	☐ 8 servings Crust

☐ 3 cups sliced peeled Golden Delicious apples, cut into 1/4-inch thick slices
cut into 1/ slices

☐ ½ teaspoon salt

☐ 3 tablespoons coarse sugar

☐ 6 tablespoons trans fat-free vegetable shortening
fat-free

☐ 1 tablespoon water

EQUIPMENT Baking sheet, Baking paper, Oven, Whisk, Plastic wrap, Aluminum foil

Method

- 1 Combine first 4 ingredients; cut in shortening until mixture resembles coarse meal.
- 2 Add apple juice, 1 tablespoon at a time, tossing until dough is moist and begins to stick together. Cover in plastic wrap; chill 30 minutes.
- 3 Preheat oven to 40
- 4 For filling: Toss apples with lemon juice.
- 5 Whisk together next 4 ingredients; pour over apples, tossing until well-combined.
- 6 Unwrap dough; place on parchment paper.
- 7 Roll into a 15-inch circle.
- 8 Place dough and parchment on rimmed baking sheet; arrange apples in center, leaving 2-inch border. Fold edges in; press gently to seal. Dot apples with butter.
- 9 Whisk egg white and water.
- 10 Brush dough with egg wash; sprinkle with coarse sugar. Loosely cover with foil; bake 2530 minutes. Uncover; bake 10 minutes or until tender and golden.
- 11 Let stand 20 minutes.
- 12 Cut into 8 wedges; serve.

Nutrition per serving

421

KCAL

6 g

PROTEIN

17 g

FAT

63 g

CARBS

Saturated Fat	5.1 g · 32% of daily needs
Fibre	3.3 g · 13% of daily needs
Sugar	25 g · 28% of daily needs
Sodium	245 mg · 11% of daily needs
Cholesterol	3.8 mg · 1% of daily needs
Vitamin C	3.7 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/rustic-apple-galette-147061