



## Spring Onion and Morel Galette

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons butter chilled cut into small pieces
- 2.7 ounces cake flour
- 4.5 ounces flour all-purpose
- 2 ounces gruyère cheese grated
- 3 tablespoons ice water
- 1 tablespoon juice of lemon fresh
- 4 ounces morel mushrooms fresh halved lengthwise
- 0.3 teaspoon salt

- 0.5 teaspoon salt
- 0.5 cup cup heavy whipping cream fat-free sour
- 1.3 pounds spring onion

## Equipment

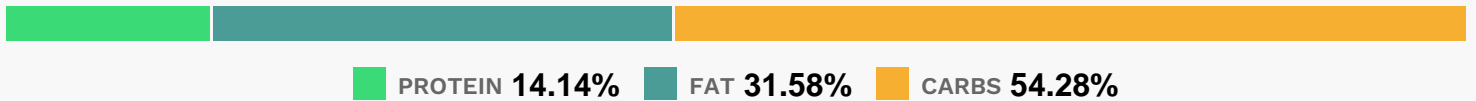
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- knife
- blender
- plastic wrap
- measuring cup

## Directions

- To prepare pastry, lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours and 1/2 teaspoon salt in a medium bowl.
- Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Combine sour cream and juice in a bowl, stirring well. Stir sour cream mixture into the flour mixture.
- Sprinkle surface with 3 tablespoons ice water, 1 tablespoon at a time; toss with a fork until moist and crumbly (do not form a ball).
- Gently press mixture into a 4-inch circle on plastic wrap; cover. Chill 20 minutes. Slightly overlap 2 sheets of plastic wrap on a slightly damp surface. Unwrap and place chilled dough on plastic wrap. Cover dough with 2 additional sheets of overlapping plastic wrap.
- Roll the dough, still covered, into a 12-inch circle (about 1/4-inch thick).
- Place dough in freezer 5 minutes or until plastic wrap can be easily removed.
- Remove top sheets of plastic wrap; place dough, plastic wrap side up, onto a baking sheet lined with parchment paper.

- Remove remaining plastic wrap.
- Preheat oven to 40
- To prepare filling, thinly slice white parts of onions, reserving green tops.
- Heat a large nonstick skillet over medium–high heat. Coat pan with cooking spray.
- Add sliced onions to pan; saut 15 minutes or until golden.
- Add mushrooms to pan; cook 5 minutes or until moisture evaporates.
- Remove from heat. Slice green tops of onions.
- Add sliced tops, 1/4 teaspoon salt, and pepper to pan; stir to combine.
- Spread onion mixture evenly over dough, leaving a 2–inch border; sprinkle cheese evenly over onion mixture. Fold edges of dough toward center, pressing gently to seal (dough will only partially cover onion mixture).
- Place pan on bottom rack in oven; bake at 400 for 25 minutes or until browned.

## Nutrition Facts



### Properties

Glycemic Index:36, Glycemic Load:14.43, Inflammation Score:-8, Nutrition Score:14.737826098566%

### Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg

### Nutrients (% of daily need)

Calories: 197.35kcal (9.87%), Fat: 7.08g (10.9%), Saturated Fat: 4.12g (25.75%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 24.47g (8.9%), Sugar: 1.94g (2.16%), Cholesterol: 20.38mg (6.79%), Sodium: 337.78mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.27%), Vitamin K: 147.45µg (140.42%), Folate: 81.77µg (20.44%), Iron: 3.62mg (20.13%), Manganese: 0.39mg (19.51%), Vitamin A: 942.3IU (18.85%), Vitamin C: 14.05mg (17.03%), Selenium: 11.74µg (16.77%), Calcium: 152.44mg (15.24%), Phosphorus: 138.15mg (13.82%), Vitamin B1: 0.19mg (12.82%), Vitamin B2: 0.21mg (12.57%), Fiber: 2.92g (11.67%), Copper: 0.19mg (9.72%), Potassium: 308.73mg (8.82%), Vitamin B3: 1.75mg (8.75%), Zinc: 1.11mg (7.41%), Magnesium: 27.11mg (6.78%), Vitamin D: 0.77µg (5.1%), Vitamin B6: 0.08mg (4.14%), Vitamin E: 0.58mg (3.88%), Vitamin B12: 0.17µg (2.76%), Vitamin B5: 0.28mg (2.76%)