



Strawberry-Rhubarb Galette

 Dairy Free

READY IN



70 min.

SERVINGS



1

CALORIES



1378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons all purpose flour
- 1 deep dish pie shell frozen thawed tenderflake®
- 0.3 cup granulated sugar
- 1 teaspoon orange zest
- 1 cup rhubarb fresh sliced ()
- 1 cup strawberries fresh sliced ()

Equipment

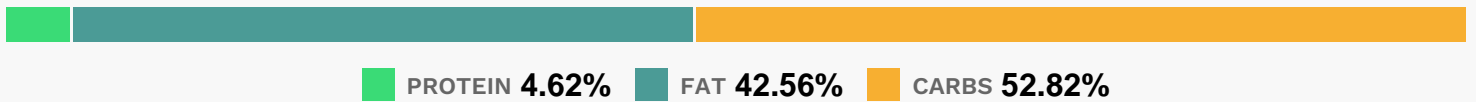
- baking sheet

- paper towels
- baking paper
- oven
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Remove pie shell from freezer and allow to thaw at room temperature for 10 - 15 minutes.
- Remove pie shell from foil plate and place on large sheet of parchment paper.
- Roll out pie shell to approximately 10-10-1/2 inches (25-26 cm) in diameter. Edge can be uneven. Slide pie shell and paper onto a large flat baking sheet; pastry may hang over edge of sheet.
- Blot strawberry and rhubarb slices well with paper towel to remove any excess moisture before combining with zest and a mixture of flour, sugar and salt.
- Spoon fruit mixture into centre of pastry, leaving a pastry edge that is 3-inches (8 cm) wide. Fold pastry edge up and over fruit mixture, overlapping edges as required, leaving centre of pie uncovered. Trim excess parchment paper around edge of pie to prevent burning.
- Brush pastry with beaten egg and sprinkle pastry and fruit filling with coarse sugar, if using.
- Bake on lowest shelf of preheated oven for 30 minutes at 375 degrees F (190 degrees C) or until fruit is bubbling and pastry is golden brown. Allow to stand for 5 minutes before serving. Pie is best served warm the day it is made.

Nutrition Facts



Properties

Glycemic Index:198.09, Glycemic Load:46.89, Inflammation Score:-8, Nutrition Score:30.145217480867%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin:

35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 7.13mg, Catechin: 7.13mg, Catechin: 7.13mg, Catechin: 7.13mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Epicatechin 3-gallate: 0.95mg, Epicatechin 3-gallate: 0.95mg, Epicatechin 3-gallate: 0.95mg, Epicatechin 3-gallate: 0.95mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1378.42kcal (68.92%), Fat: 65.94g (101.45%), Saturated Fat: 18.48g (115.51%), Carbohydrates: 184.09g (61.36%), Net Carbohydrates: 175.23g (63.72%), Sugar: 58.32g (64.8%), Cholesterol: 0mg (0%), Sodium: 804.96mg (35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.24%), Vitamin C: 97.15mg (117.76%), Manganese: 1.98mg (98.75%), Vitamin K: 72.86µg (69.39%), Folate: 245.17µg (61.29%), Vitamin B1: 0.69mg (46.14%), Vitamin B3: 7.48mg (37.38%), Iron: 6.7mg (37.24%), Fiber: 8.86g (35.43%), Vitamin B2: 0.48mg (28.05%), Selenium: 17.49µg (24.99%), Vitamin E: 3.56mg (23.76%), Potassium: 798.63mg (22.82%), Phosphorus: 221.94mg (22.19%), Calcium: 179.13mg (17.91%), Magnesium: 71mg (17.75%), Copper: 0.3mg (15.01%), Vitamin B5: 1.17mg (11.73%), Vitamin B6: 0.21mg (10.66%), Zinc: 1.48mg (9.85%), Vitamin A: 150.12IU (3%)