



Summer Berry-and-Hazelnut Galette

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons almond flour
- 4 ounces blueberries
- 25 servings brown rice flour
- 4 teaspoons cornstarch
- 1 eggs lightly beaten
- 3 tablespoons natural cane sugar
- 25 servings tart crust gluten-free
- 4 ounces raspberries

- 4 ounces currants red
- 4 ounces strawberries sliced
- 1 vanilla pod

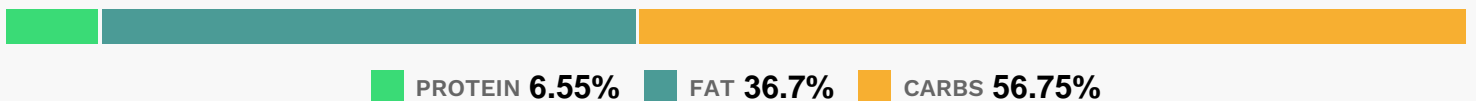
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Prepare Gluten-Free Tart Crust.
- Roll dough to 1/8-inch thickness on work surface dusted with brown rice flour.
- Cut dough into a 10-inch circle, and transfer to a baking sheet lined with parchment paper. Set aside.
- Split vanilla bean lengthwise, and scrape out seeds.
- Combine vanilla seeds, blueberries, and next 5 ingredients in a bowl.
- Sprinkle almond flour in center of prepared dough, and spoon berry mixture on top, leaving a 2-inch border. Fold edges of dough over berry filling, pinching together to seal any cracks. Refrigerate 20 minutes.
- Brush edges of galette with egg, and bake at 400 for 25 minutes or until filling bubbles and crust is golden brown.
- Let galette cool 20 minutes before cutting.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.24, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:4.587826124352%

Flavonoids

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Nutrients (% of daily need)

Calories: 154.71kcal (7.74%), Fat: 6.36g (9.78%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 20.38g (7.41%), Sugar: 2.82g (3.13%), Cholesterol: 6.55mg (2.18%), Sodium: 90.42mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.11%), Manganese: 0.57mg (28.37%), Vitamin C: 6.16mg (7.46%), Vitamin B1: 0.11mg (7.3%), Fiber: 1.74g (6.97%), Vitamin B3: 1.28mg (6.39%), Phosphorus: 57.47mg (5.75%), Iron: 0.91mg (5.07%), Folate: 19.98µg (4.99%), Vitamin B6: 0.1mg (4.87%), Magnesium: 17.06mg (4.26%), Vitamin B2: 0.06mg (3.47%), Vitamin K: 3.38µg (3.22%), Vitamin B5: 0.3mg (3.01%), Zinc: 0.41mg (2.71%), Copper: 0.05mg (2.7%), Selenium: 1.82µg (2.6%), Potassium: 82.2mg (2.35%), Vitamin E: 0.32mg (2.13%), Calcium: 10.93mg (1.09%)