



Triple Berry and Rhubarb Galette

READY IN



105 min.

SERVINGS



4

CALORIES



808 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cups rhubarb fresh chopped
- ☐ 2 cups berries mixed frozen
- ☐ 0.7 cup granulated sugar
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon vanilla
- ☐ 14.1 oz pie crust dough refrigerated softened (2 Count)
- ☐ 1 egg whites well beaten

- ☐ 0.3 cup sugar raw (sugar)
- ☐ 1 serving whipped cream

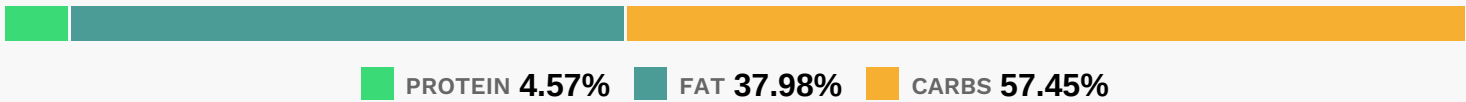
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pastry brush

Directions

- ☐ Heat oven to 400°F.
- ☐ In 10-inch skillet, melt butter over medium-high heat.
- ☐ Add rhubarb; cook about 5 minutes or until rhubarb is softened.
- ☐ Remove from heat. Stir in mixed berries, granulated sugar, flour, cinnamon and vanilla.
- ☐ On ungreased cookie sheet, unroll pie crust.
- ☐ Pour berry-rhubarb mixture onto center of crust; spread mixture to within 1 1/2 inches of edge. Fold crust edge up over mixture, pleating crust as necessary.
- ☐ Using pastry brush, brush egg white over edge of crust.
- ☐ Sprinkle turbinado sugar generously over egg white.
- ☐ Bake 20 to 25 minutes or until edges of pie crust are golden brown, and center of pie crust is bubbly.
- ☐ Cool completely before serving, about 1 hour.
- ☐ Serve topped with ice cream.

Nutrition Facts



Properties

Glycemic Index:68.52, Glycemic Load:30.11, Inflammation Score:-6, Nutrition Score:13.806956481674%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 808.03kcal (40.4%), Fat: 34.37g (52.87%), Saturated Fat: 12.96g (80.99%), Carbohydrates: 116.93g (38.98%), Net Carbohydrates: 110.65g (40.24%), Sugar: 56.6g (62.89%), Cholesterol: 22.31mg (7.44%), Sodium: 483.6mg (21.03%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 9.31g (18.62%), Manganese: 0.83mg (41.37%), Vitamin K: 38.6µg (36.76%), Vitamin B1: 0.38mg (25.39%), Fiber: 6.28g (25.12%), Folate: 95.31µg (23.83%), Vitamin B2: 0.34mg (19.87%), Vitamin B3: 3.79mg (18.93%), Iron: 3.36mg (18.68%), Selenium: 11.18µg (15.97%), Phosphorus: 118.09mg (11.81%), Calcium: 109.1mg (10.91%), Potassium: 377.49mg (10.79%), Vitamin C: 6.94mg (8.41%), Vitamin E: 1.22mg (8.16%), Magnesium: 31.85mg (7.96%), Vitamin B5: 0.71mg (7.08%), Vitamin A: 344.74IU (6.89%), Copper: 0.14mg (6.8%), Vitamin B6: 0.12mg (6.17%), Zinc: 0.76mg (5.06%), Vitamin B12: 0.08µg (1.38%)