

Berry Galette

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Servings: 6

*Juice and zest of 1/2 lemon
1 1/3 cups all-purpose flour
1/2 teaspoon Kosher salt
1 stick (1/2 cup) unsalted butter, cut
into small pieces
2 tablespoons all-purpose flour
2 tablespoons sugar
pinch Kosher salt
1 pound strawberries, hulled and
halved
1 heaping cup (6 ounces) blueberries
1 large egg white
1 teaspoon sugar (for sprinkling)*

Preparation Time: 30 minutes

Combine the lemon juice with enough ice water to make 1/4 cup of lemon water.

In the bowl of a food processor, mix 1-1/3 cups of flour, 1/2 teaspoon of salt and the lemon zest until combined. Add one stick of butter and pulse until the mixture resembles coarse meal with pea-sized bits. Drizzle in the lemon water and pulse until the dough just comes together.

Scrape the dough onto a flat work surface, then press into a flat disk. Cover lightly with plastic wrap. Refrigerate for 30 minutes.

Preheat the oven to 450 degrees.

In a large bowl, whisk two tablespoons of flour, two tablespoons of sugar and a pinch of salt. Add the strawberries and blueberries and stir to thoroughly combine, scraping down the sides with a rubber spatula.

Place the refrigerated dough on a lightly floured work surface. Roll into a twelve-inch round, then transfer to a parchment paper-lined rimmed baking sheet. Mound the berry mixture in the center, leaving a two-inch border. Gently fold in the crust, pleating the edges to enclose. Whisk the egg white with one tablespoon of water, then brush the egg mixture onto the crust. Sprinkle with one teaspoon of sugar.

Transfer the baking sheet to the oven. Lower the heat to 425 degrees. Bake until the crust is golden, 20 to 22 minutes.

Let cool for 15 minutes, then serve warm or at room temperature.

Start to Finish Time: 1 hour 30 minutes

Per Serving (excluding unknown items): 300 Calories; 16g Fat (47.2% calories from fat); 4g Protein; 36g Carbohydrate; 3g Dietary Fiber; 41mg Cholesterol; 171mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 3 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	300	Vitamin B6 (mg):	trace
% Calories from Fat:	47.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	47.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	16g	Folacin (mcg):	61mcg
Saturated Fat (g):	10g	Niacin (mg):	2mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	41mg	% Refused:	0.0%
Carbohydrate (g):	36g		
Dietary Fiber (g):	3g		
Protein (g):	4g		
Sodium (mg):	171mg		
Potassium (mg):	185mg		
Calcium (mg):	21mg		
Iron (mg):	2mg		
Zinc (mg):	trace		
Vitamin C (mg):	43mg		
Vitamin A (i.u.):	621IU		
Vitamin A (r.e.):	147RE		

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 300 **Calories from Fat:** 141

% Daily Values*

Total Fat 16g	25%
Saturated Fat 10g	49%
Cholesterol 41mg	14%
Sodium 171mg	7%
Total Carbohydrates 36g	12%
Dietary Fiber 3g	12%
Protein 4g	
Vitamin A	12%
Vitamin C	72%
Calcium	2%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.