



## Crisp Goose with Dried Cherry-Sourdough Stuffing

 Gluten Free  Dairy Free  Very Healthy

READY IN



380 min.

SERVINGS



6

CALORIES



2977 kcal

### Ingredients

- 4 basil
- 1 carrots sliced
- 6 cups cherries dried
- 6 servings salt and pepper freshly ground
- 2 tablespoons cornstarch
- 1 fennel bulb cut into wedges
- 4 flat parsley
- 0.5 cup plum brandy

- 1 onion cut into 8 wedges
- 6 pink lady apples
- 4 thyme sprigs
- 10 pounds goose fresh whole frozen thawed

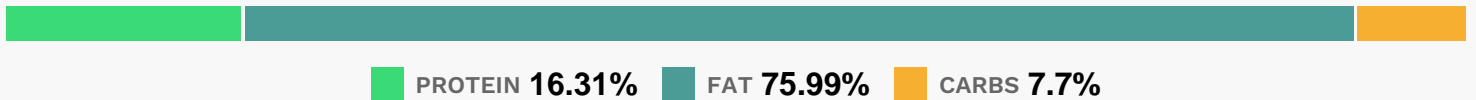
## Equipment

- frying pan
- oven
- aluminum foil

## Directions

- Preheat oven to 350 degrees.
- Pour off pan juices. Scatter onion, carrot, and fennel around bottom of pan.
- Remove herb sprigs from cavity. Spoon stuffing into cavity. Return goose to roasting rack, breast side down, and re-cover with parchment-lined foil. Roast for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:53.31, Glycemic Load:12.34, Inflammation Score:-10, Nutrition Score:61.523043445919%

## Flavonoids

Cyanidin: 44.55mg, Cyanidin: 44.55mg, Cyanidin: 44.55mg, Cyanidin: 44.55mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 2.89mg, Peonidin: 2.89mg, Peonidin: 2.89mg, Peonidin: 2.89mg Catechin: 10.35mg, Catechin: 10.35mg, Catechin: 10.35mg, Catechin: 10.35mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 22.12mg, Epicatechin: 22.12mg, Epicatechin: 22.12mg, Epicatechin: 22.12mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg

0.42mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 14.68mg, Quercetin: 14.68mg, Quercetin: 14.68mg, Quercetin: 14.68mg

## **Nutrients (% of daily need)**

Calories: 2977.42kcal (148.87%), Fat: 254.74g (391.9%), Saturated Fat: 74.24g (464%), Carbohydrates: 58.12g (19.37%), Net Carbohydrates: 48.9g (17.78%), Sugar: 40.95g (45.5%), Cholesterol: 604.79mg (201.6%), Sodium: 747.75mg (32.51%), Alcohol: 3.06g (100%), Alcohol %: 0.33% (100%), Protein: 123.03g (246.06%), Vitamin B3: 87.75mg (438.77%), Selenium: 181.99µg (259.98%), Vitamin B6: 4.58mg (229.23%), Phosphorus: 1849.77mg (184.98%), Vitamin B2: 2.77mg (162.93%), Iron: 20.2mg (112.2%), Vitamin B5: 10.29mg (102.91%), Potassium: 3130.28mg (89.44%), Vitamin C: 58.42mg (70.81%), Zinc: 10.55mg (70.31%), Vitamin B1: 1.04mg (69.12%), Copper: 1.21mg (60.69%), Vitamin A: 2795.56IU (55.91%), Magnesium: 218.86mg (54.71%), Vitamin D: 7.56µg (50.4%), Vitamin B12: 2.57µg (42.84%), Vitamin K: 44.85µg (42.71%), Fiber: 9.21g (36.86%), Folate: 111.58µg (27.89%), Manganese: 0.47mg (23.27%), Calcium: 152.13mg (15.21%), Vitamin E: 0.73mg (4.86%)