



HEALTH SCORE

64%

Goose and Kraut



Gluten Free



Dairy Free



Very Healthy

READY IN



330 min.

SERVINGS



10

CALORIES



1746 kcal

SIDE DISH

Ingredients

- ☐ 2 cups apple sauce
- ☐ 0.3 cup brown sugar
- ☐ 10 pound skinned goose whole
- ☐ 2 cups potatoes shredded
- ☐ 64 ounce sauerkraut with liquid

Equipment

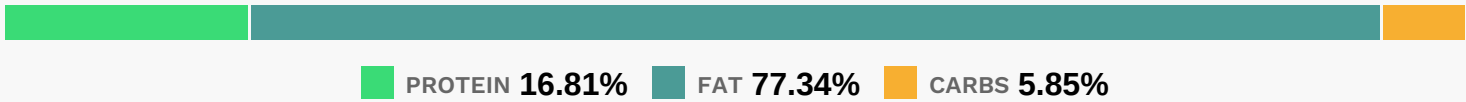
- ☐ oven
- ☐ knife

- ☐ aluminum foil
- ☐ slow cooker
- ☐ broiler pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Clean goose under cold running water, paying special attention to the cavity. Poke holes all over the goose using a paring knife. This allows some of the fat to escape while cooking.
- ☐ Place breast-side up onto a broiler pan or roasting rack, and cover loosely with aluminum foil.
- ☐ Bake for about 1 hour in the preheated oven, or until very tender.
- ☐ Remove from oven and allow to cool.
- ☐ Combine the shredded potatoes, sauerkraut, applesauce, and brown sugar in a slow-cooker.
- ☐ Remove as much meat from the goose as you can, leaving meat in large pieces.
- ☐ Add them to the mixture in the slow cooker.
- ☐ Place the lid on the cooker and cook on HIGH for 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:11.57, Glycemic Load:6.17, Inflammation Score:-8, Nutrition Score:48.082608979681%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 1745.68kcal (87.28%), Fat: 152.75g (235%), Saturated Fat: 44.53g (278.3%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 19.29g (7.01%), Sugar: 13.47g (14.97%), Cholesterol: 362.87mg (120.96%), Sodium: 1517.31mg (65.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.71g (149.42%), Vitamin B3: 52.91mg (264.56%), Selenium: 110.29µg (157.56%), Vitamin B6: 3.01mg (150.3%), Phosphorus: 1124.29mg (112.43%), Vitamin

B2: 1.66mg (97.39%), Iron: 14.49mg (80.48%), Vitamin C: 54.48mg (66.04%), Vitamin B5: 6.17mg (61.72%), Potassium: 1957.51mg (55.93%), Zinc: 6.61mg (44.04%), Vitamin B1: 0.65mg (43.43%), Copper: 0.85mg (42.61%), Magnesium: 144.07mg (36.02%), Vitamin D: 4.54µg (30.24%), Fiber: 6.72g (26.89%), Vitamin B12: 1.54µg (25.7%), Folate: 101.68µg (25.42%), Vitamin K: 24.63µg (23.46%), Manganese: 0.44mg (22.23%), Calcium: 120.42mg (12.04%), Vitamin A: 501.24IU (10.02%), Vitamin E: 0.34mg (2.24%)