



Grilled Goose with Prune Stuffing and Gravy

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



2284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups apple without peel diced
- 1 teaspoon marjoram dried
- 0.3 teaspoon ground cinnamon
- 2 teaspoons kosher salt
- 1.5 cups lightly fresh packed grated
- 1 tablespoon juice of lime fresh
- 8 ounces prune- cut to pieces coarsely chopped
- 2 tablespoons raisins

- 0.5 teaspoon salt
- 1 teaspoon sugar white
- 1 cup white wine
- 10 pound goose whole

Equipment

- bowl
- frying pan
- sauce pan
- roasting pan
- grill
- aluminum foil

Directions

- Rinse goose and pat dry.
- Remove excess fat.
- Sprinkle with salt and marjoram inside and out. Prick skin all over with fork.
- Place goose, breast side up, in a roasting pan.
- Place pan in center of cooking grate.
- Add 2 cups of water to roasting pan.
- Grill 2 1/2 to 3 hours or until tender and temperature (measured internally) reaches 180 degrees F. To crisp goose, increase grill temperature to High for last 15 to 30 minutes.
- Remove goose from grill. Reserve fat for gravy.
- Let goose stand for 15 to 20 minutes before carving.
- Place prunes and 1/4 cup white wine in a large bowl. Soak for 5 minutes.
- Add apples, grated rye bread, raisins, lime juice, sugar, salt, and cinnamon.
- Mix well.
- Place in an 8x4x2 inch heavy-gauge foil pan. Cover with heavy foil and grill indirectly over medium heat for about 40 minutes. For crisper stuffing, grill uncovered.

To Make Gravy: In a saucepan, mix remaining 3/4 cup wine, 1/2 cup water, 3 tablespoons reserved goose fat and 3 tablespoons stuffing. Press stuffing to dissolve, and use as thickening for gravy. Bring mixture to boil; simmer for 5 minutes, stirring constantly. Strain gravy and season with salt.

Nutrition Facts

PROTEIN 16.47% **FAT 75.14%** **CARBS 8.39%**

Properties

Glycemic Index:32.78, Glycemic Load:17.72, Inflammation Score:-8, Nutrition Score:50.763913071674%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 2284.35kcal (114.22%), Fat: 192.16g (295.63%), Saturated Fat: 55.88g (349.27%), Carbohydrates: 48.31g (16.1%), Net Carbohydrates: 42.66g (15.51%), Sugar: 16.58g (18.42%), Cholesterol: 453.59mg (151.2%), Sodium: 1388.92mg (60.39%), Alcohol: 3.09g (100%), Alcohol %: 0.55% (100%), Protein: 94.75g (189.5%), Vitamin B3: 67.53mg (337.65%), Selenium: 149.93µg (214.19%), Vitamin B6: 3.42mg (170.79%), Phosphorus: 1413.77mg (141.38%), Vitamin B2: 2.21mg (129.75%), Iron: 15.93mg (88.53%), Vitamin B5: 7.67mg (76.66%), Vitamin B1: 0.93mg (61.82%), Potassium: 2155.75mg (61.59%), Zinc: 8.35mg (55.64%), Copper: 0.96mg (47.79%), Magnesium: 171.39mg (42.85%), Vitamin D: 5.67µg (37.8%), Vitamin B12: 1.93µg (32.13%), Vitamin C: 26.37mg (31.97%), Manganese: 0.64mg (31.86%), Folate: 113.88µg (28.47%), Fiber: 5.65g (22.59%), Vitamin K: 18.32µg (17.45%), Vitamin A: 810.57IU (16.21%), Calcium: 120.04mg (12%), Vitamin E: 0.33mg (2.21%)