






 **70%**
HEALTH SCORE

Roast Canada Goose with Mushroom-Port Gravy

 Very Healthy

READY IN

45 min.

SERVINGS

6

CALORIES

2055 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 12 ounce evaporated milk fat-free canned
- 0.5 cup less-sodium chicken broth fat-free
- 1 tablespoon flour all-purpose
- 7 pound dressed canada goose whole (6 to 8 pounds)
- 8 ounce mushrooms wild mixed sliced
- 2 sprigs parsley fresh (3-inch)

- 0.5 cup port
- 1 small bell pepper red seeded quartered
- 0.8 teaspoon salt divided
- 0.3 cup shallots finely chopped
- 1 medium onion yellow quartered

Equipment

- bowl
- frying pan
- oven
- whisk
- roasting pan
- kitchen thermometer

Directions

- Preheat oven to 325
- Sprinkle cavity of goose with 1/2 teaspoon salt and 1/4 teaspoon black pepper. Stuff cavity loosely with onion, bell pepper, and parsley sprigs. Tie the legs together with string.
- Place the goose, breast-side up, on the rack of a roasting pan.
- Bake at 325 for 1 hour and 15 minutes or until a thermometer registers 165
- Let stand for 10 minutes. Discard skin, onion, bell pepper, and parsley sprigs. Reserve 1 tablespoon goose fat from roasting pan.
- Heat reserved goose fat in a large nonstick skillet over medium-high heat.
- Add shallots and mushrooms; saut 5 minutes.
- Add chicken broth and port; cook for 6 minutes or until the liquid almost evaporates.
- Combine the flour, milk, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper in a small bowl, stirring well with a whisk. Reduce heat to medium-low.
- Add milk mixture to pan; cook 2 minutes or until thick.

Nutrition Facts



■ PROTEIN 17.38% ■ FAT 79.48% ■ CARBS 3.14%

Properties

Glycemic Index:43.33, Glycemic Load:2.17, Inflammation Score:-9, Nutrition Score:48.436956291613%

Flavonoids

Petunidin: 1.33mg, 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 Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 2055.26kcal (102.76%), Fat: 182.4g (280.61%), Saturated Fat: 54.49g (340.53%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 14.3g (5.2%), Sugar: 10.26g (11.39%), Cholesterol: 439.8mg (146.6%), Sodium: 801.15mg (34.83%), Alcohol: 3.06g (100%), Alcohol %: 0.55% (100%), Protein: 89.72g (179.44%), Vitamin B3: 62.82mg (314.11%), Selenium: 131.64µg (188.05%), Vitamin B6: 3.3mg (165.21%), Phosphorus: 1415.87mg (141.59%), Vitamin B2: 2.15mg (126.18%), Vitamin B5: 7.88mg (78.84%), Iron: 13.87mg (77.08%), Potassium: 2068.91mg (59.11%), Zinc: 8.1mg (54.03%), Vitamin C: 41.68mg (50.52%), Vitamin B1: 0.73mg (48.67%), Copper: 0.82mg (40.89%), Magnesium: 156.28mg (39.07%), Vitamin D: 5.5µg (36.67%), Vitamin B12: 1.93µg (32.13%), Calcium: 224.89mg (22.49%), Vitamin A: 1080.61IU (21.61%), Folate: 83.18µg (20.8%), Manganese: 0.32mg (15.97%), Fiber: 1.92g (7.67%), Vitamin K: 6.84µg (6.51%), Vitamin E: 0.3mg (1.99%)