



Roast Goose with Apple Stuffing

 Dairy Free  Very Healthy

READY IN



310 min.

SERVINGS



8

CALORIES



2465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 goose whole frozen thawed
- ☐ 2 cups water
- ☐ 1 small onion sliced
- ☐ 0.8 teaspoon salt
- ☐ 6 cups breadcrumbs soft (9 slices)
- ☐ 0.3 cup butter melted
- ☐ 1.5 teaspoons sage dried fresh chopped
- ☐ 0.8 teaspoon thyme sprigs dried fresh chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 3 cups baking apples are apples that have a sweet-tart balance and hold their shape when chopped
- ☐ 2 medium celery stalks with leaves), chopped (1 cup)
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup flour all-purpose

Equipment

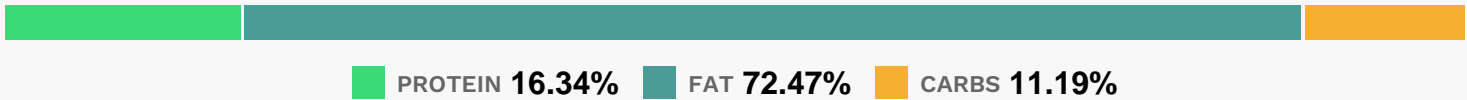
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Remove excess fat from goose.
- ☐ Heat giblets, water, sliced onion and 3/4 teaspoon salt to boiling in 1-quart saucepan; reduce heat. Cover and simmer about 1 hour or until giblets are tender. Strain broth; cover and refrigerate.
- ☐ Remove meat from neck and finely chop with giblets. Toss giblets and remaining ingredients except the flour in large bowl.
- ☐ Heat oven to 350°F. Fill wishbone area of goose with stuffing first. Fasten neck skin to back with skewer. Fold wings across back with tips touching. Fill body cavity lightly. (Do not pack-- stuffing will expand while cooking.) Fasten opening with skewers, and lace with string. Pierce skin all over with fork.
- ☐ Place goose, breast side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of inside thigh muscle and does not touch bone.

- ☐ Roast uncovered 3 to 3 1/2 hours (if necessary, place tent of aluminum foil loosely over goose during last hour to prevent excessive browning), removing excess fat from pan occasionally, until thermometer reads 180°F and juice of goose is no longer pink when center of thigh is cut. The center of the stuffing should be 165°F.
- ☐ Place goose on heated platter.
- ☐ Let stand 15 minutes for easier carving.
- ☐ Pour drippings from pan into bowl; skim off fat. Return 1/4 cup drippings to pan (discard remaining drippings.) Stir in flour. Cook over medium heat, stirring constantly, until smooth and bubbly; remove from heat.
- ☐ Add enough water to reserved broth, if necessary, to measure 2 cups. Stir into flour mixture.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Serve goose with apple stuffing and gravy.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:4.27, Inflammation Score:-9, Nutrition Score:56.896087107451%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 2464.5kcal (123.22%), Fat: 200.64g (308.67%), Saturated Fat: 57.75g (360.95%), Carbohydrates: 69.75g (23.25%), Net Carbohydrates: 64.47g (23.44%), Sugar: 10.72g (11.91%), Cholesterol: 453.5mg (151.17%), Sodium: 1419.42mg (61.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 101.78g (203.56%), Vitamin B3: 70.87mg (354.34%), Selenium: 157.89µg (225.55%), Vitamin B6: 3.43mg (171.58%), Phosphorus: 1477.26mg (147.73%),

Vitamin B2: 2.35mg (138.33%), Copper: 2.15mg (107.59%), Vitamin B1: 1.54mg (102.75%), Iron: 18.45mg (102.48%), Vitamin B5: 7.84mg (78.39%), Zinc: 8.92mg (59.5%), Potassium: 2035.35mg (58.15%), Manganese: 0.98mg (48.77%), Magnesium: 177.93mg (44.48%), Folate: 161.67µg (40.42%), Vitamin D: 5.67µg (37.79%), Vitamin B12: 2.22µg (36.97%), Vitamin C: 27.7mg (33.57%), Calcium: 231.99mg (23.2%), Fiber: 5.28g (21.12%), Vitamin A: 860.05IU (17.2%), Vitamin K: 6.86µg (6.53%), Vitamin E: 0.38mg (2.52%)