



Roast Goose with Apple Stuffing

READY IN



325 min.

SERVINGS



8

CALORIES



2039 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups breadcrumbs soft (9 slices bread)
- ☐ 0.3 cup butter
- ☐ 2 medium stalks celery with leaves), chopped (1 cup)
- ☐ 8 lb goose whole frozen thawed
- ☐ 8 servings gravy
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 3 cups baking apples are apples that have a sweet-tart balance and hold their shape when unpeeled chopped

Equipment

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

Directions

- ☐ Heat oven to 350F. Discard giblets and neck or reserve for another use.
- ☐ Remove excess fat from goose.
- ☐ On rack in shallow roasting pan, place goose breast side up. Fasten neck skin to back of goose with skewer. Fold wings across back of goose so tips are touching. Pierce skin all over with fork so fat can drain. Insert ovenproof meat thermometer so tip is in thickest part of inside thigh and does not touch bone. (Do not add water or cover goose.)
- ☐ Roast uncovered 3 hours to 3 hours 30 minutes (if necessary, place tent of foil loosely over goose during last hour to prevent excessive browning), removing excess fat from pan occasionally. Meanwhile, spray 2-quart casserole with cooking spray. In 3-quart saucepan, melt butter over medium-high heat. Cook celery and onion in butter, stirring occasionally, until tender; remove from heat. Stir in remaining ingredients except gravy. Spoon into casserole. Cover and refrigerate until baking time.
- ☐ Bake stuffing covered alongside goose for last 35 to 45 minutes of roasting time, removing foil during last 10 minutes of baking, until center is hot and edges are beginning to brown. Goose is done when thermometer reads at least 165F and legs move easily when lifted or twisted. Reserve drippings if making gravy.
- ☐ Let stand 15 to 20 minutes for easiest carving.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:1.97, Inflammation Score:-8, Nutrition Score:50.086956065634%

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: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 2038.63kcal (101.93%), Fat: 162.58g (250.12%), Saturated Fat: 49.1g (306.9%), Carbohydrates: 66.1g (22.03%), Net Carbohydrates: 60.98g (22.18%), Sugar: 10.48g (11.64%), Cholesterol: 378.21mg (126.07%), Sodium: 1110.32mg (48.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.32g (166.64%), Vitamin B3: 57.63mg (288.13%), Selenium: 129.44µg (184.91%), Vitamin B6: 2.77mg (138.39%), Phosphorus: 1207.31mg (120.73%), Vitamin B2: 1.94mg (113.95%), Vitamin B1: 1.37mg (91.02%), Iron: 15.36mg (85.32%), Vitamin B5: 6.37mg (63.73%), Zinc: 7.35mg (49.03%), Potassium: 1680.9mg (48.03%), Manganese: 0.88mg (44.15%), Copper: 0.84mg (42.22%), Magnesium: 148.39mg (37.1%), Folate: 143.69µg (35.92%), Vitamin B12: 1.84µg (30.63%), Vitamin D: 4.54µg (30.24%), Vitamin C: 22.26mg (26.98%), Calcium: 213.84mg (21.38%), Fiber: 5.12g (20.46%), Vitamin A: 701.62IU (14.03%), Vitamin K: 9.95µg (9.47%), Vitamin E: 0.34mg (2.29%)