



# Roast Goose with Wild Rice Stuffing

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



1757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 servings pepper black freshly ground
- 4 cups rice wild cooked
- 1.5 tablespoons flour all-purpose
- 3 tablespoons parsley fresh chopped
- 12 pound goose fresh
- 2 granny smith apples cored peeled chopped
- 2 teaspoons savoury
- 0.7 cup hazelnuts toasted chopped

- 0.5 cup onion chopped
- 12 servings salt to taste
- 4 cups water

## Equipment

- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- skewers
- gravy boat

## Directions

- Mix together the cooked rice, nuts, apples, onion, and herbs. Season to taste with salt and pepper.
- Remove the neck, heart, and gizzard from the goose. Wash the bird inside and out. Pat dry. Fill the cavity of the goose with the stuffing, skewer closed, and lace string around the skewers. Truss the bird.
- Roast in a preheated 325 degree F (165 degree C) oven, breast side down, for 1 1/2 hours. Draw off the fat as it accumulates. Turn, and roast another 1 1/2 hours. When done, the juices should run clear when the bird is pricked where the thigh attaches to the body.
- Remove trussing strings and skewers before carving.
- While the goose is roasting, place the neck, heart, and gizzard in a saucepan with water.
- Let simmer gently, partially covered, for several hours, until reduced to slightly less than 2 cups. Season the broth to taste with salt.
- Pour off all but 1 tablespoon of the fat from the roasting pan.
- Sprinkle a little flour over the bottom, 1 to 2 tablespoons, depending on how thick you like your gravy. Set the pan over low heat. Stir for 2 minutes, scraping up all the browned bits.
- Add the reserved goose broth to the pan, and whisk until smooth. Taste and season with salt and pepper.

Serve in a gravy boat alongside the bird.

## Nutrition Facts

**PROTEIN 16.92%** **FAT 78.95%** **CARBS 4.13%**

### Properties

Glycemic Index:17.75, Glycemic Load:1.85, Inflammation Score:-7, Nutrition Score:44.768695748371%

### Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

### Nutrients (% of daily need)

Calories: 1757.06kcal (87.85%), Fat: 156.73g (241.12%), Saturated Fat: 44.79g (279.95%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 15.88g (5.77%), Sugar: 4.14g (4.6%), Cholesterol: 362.87mg (120.96%), Sodium: 513.52mg (22.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.59g (151.19%), Vitamin B3: 53.09mg (265.46%), Selenium: 109.82µg (156.88%), Vitamin B6: 2.76mg (138.23%), Phosphorus: 1132.61mg (113.26%), Vitamin B2: 1.66mg (97.54%), Iron: 12.15mg (67.53%), Vitamin B5: 6.03mg (60.33%), Zinc: 7.07mg (47.14%), Potassium: 1579.64mg (45.13%), Vitamin B1: 0.65mg (43.66%), Copper: 0.83mg (41.28%), Magnesium: 141.14mg (35.28%), Manganese: 0.7mg (34.9%), Vitamin D: 4.54µg (30.24%), Vitamin C: 22.7mg (27.51%), Vitamin B12: 1.54µg (25.7%), Folate: 77.07µg (19.27%), Vitamin K: 18.48µg (17.6%), Vitamin A: 558.72IU (11.17%), Fiber: 2.56g (10.25%), Vitamin E: 1.2mg (7.97%), Calcium: 71.83mg (7.18%)