



HEALTH SCORE

83%

Slow Cooker Barbecue Goose Sandwich



Gluten Free



Very Healthy



Popular

READY IN

**365 min.**

SERVINGS

**4**

CALORIES

**4163 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cups chicken broth
- ☐ 1 clove garlic minced
- ☐ 1 goose breast
- ☐ 1.5 tablespoons worcestershire sauce
- ☐ 1 small onion yellow sliced

Equipment

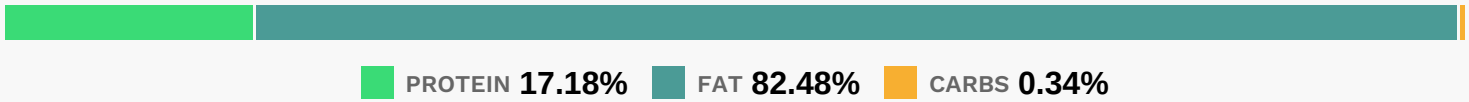
- ☐ sauce pan

☐ slow cooker

Directions

- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add garlic and onion and saute for 5 minutes.
- ☐ Add goose breast and brown on both sides for about 5 minutes, or until browned.
- ☐ Place goose breast in slow cooker and add Worcestershire sauce.
- ☐ Add chicken broth to cover (approximately 2 cups) and cook on High setting for 6 to 8 hours, or until meat falls off bone. Shred with a fork and mix with your favorite barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:62.578261017799%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 4163.1kcal (208.16%), Fat: 386.89g (595.21%), Saturated Fat: 114.73g (717.05%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.31g (1.21%), Sugar: 1.9g (2.11%), Cholesterol: 924.4mg (308.13%), Sodium: 1346.92mg (58.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 181.32g (362.64%), Vitamin B3: 130.71mg (653.56%), Selenium: 272.87µg (389.81%), Vitamin B6: 6.61mg (330.31%), Phosphorus: 2669.4mg (266.94%), Vitamin B2: 4.05mg (238.45%), Iron: 28.81mg (160.08%), Vitamin B5: 14.67mg (146.7%), Potassium: 3673.7mg (104.96%), Zinc: 15.44mg (102.96%), Vitamin B1: 1.46mg (97.08%), Copper: 1.58mg (79.07%), Vitamin D: 11.34µg (75.58%), Magnesium: 276.18mg (69.05%), Vitamin B12: 3.89µg (64.84%), Vitamin C: 49.98mg (60.58%), Folate: 128.78µg (32.19%), Vitamin A: 1316.48IU (26.33%), Manganese: 0.32mg (15.8%), Calcium: 154.63mg (15.46%), Vitamin E: 0.22mg (1.46%), Fiber: 0.31g (1.25%)