



Soft Tacos with Spicy Marinated Goose

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 teaspoons bottled garlic minced
- ☐ 1 teaspoon chili powder
- ☐ 0.3 cup olive oil extravirgin
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 pound goose breast boneless
- ☐ 1.5 cups cabbage shredded green finely

- ☐ 0.5 cup green onions chopped
- ☐ 1 tablespoon jalapeno minced
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.5 teaspoon oregano
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons sugar
- ☐ 1 cup tomatoes chopped
- ☐ 8 6-inch corn tortillas white ()
- ☐ 2 tablespoons onion yellow minced

Equipment

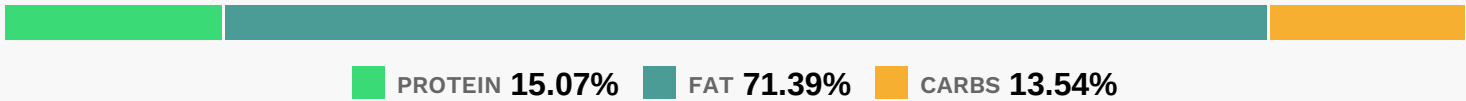
- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Prepare grill.
- ☐ Combine first 9 ingredients in a large zip-top plastic bag; seal and marinate in refrigerator overnight, turning bag occasionally.
- ☐ Remove goose from bag, reserving marinade.
- ☐ Combine tomato, green onions, and next 4 ingredients (through salt) in a medium bowl.
- ☐ Place goose on grill rack coated with cooking spray; grill 10 minutes or until a thermometer registers 165, turning and basting frequently with marinade.
- ☐ Let stand 10 minutes.
- ☐ Cut goose diagonally across grain into thin slices. Keep warm.
- ☐ Warm tortillas according to package directions.

Place 3 ounces goose in each tortilla. Top each with 2 tablespoons tomato mixture, 3 teaspoons cheese, and 3 tablespoons cabbage.

Nutrition Facts



Properties

Glycemic Index:52.45, Glycemic Load:6.44, Inflammation Score:-6, Nutrition Score:17.919130491174%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 484.46kcal (24.22%), Fat: 39.28g (60.43%), Saturated Fat: 11.3g (70.62%), Carbohydrates: 16.76g (5.59%), Net Carbohydrates: 14.01g (5.09%), Sugar: 2.33g (2.59%), Cholesterol: 80.65mg (26.88%), Sodium: 769.12mg (33.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.32%), Vitamin B3: 10.69mg (53.44%), Phosphorus: 361.76mg (36.18%), Vitamin B6: 0.7mg (35.22%), Selenium: 24.61µg (35.16%), Vitamin K: 31.89µg (30.37%), Vitamin B2: 0.48mg (28.34%), Vitamin C: 15.48mg (18.76%), Iron: 3.08mg (17.1%), Zinc: 2.11mg (14.05%), Magnesium: 56.12mg (14.03%), Vitamin B5: 1.37mg (13.75%), Potassium: 473.45mg (13.53%), Manganese: 0.27mg (13.42%), Calcium: 124.05mg (12.41%), Vitamin B1: 0.18mg (12.15%), Fiber: 2.75g (10.99%), Vitamin A: 506.85IU (10.14%), Copper: 0.2mg (9.9%), Vitamin E: 1.47mg (9.8%), Vitamin B12: 0.53µg (8.81%), Folate: 34.16µg (8.54%), Vitamin D: 0.91µg (6.05%)