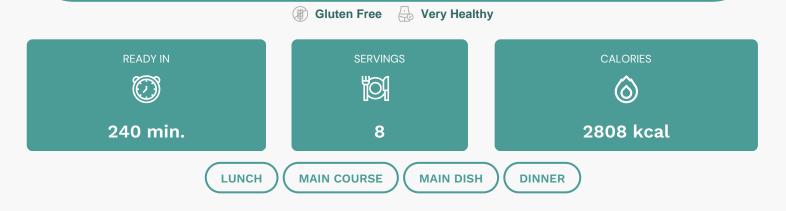


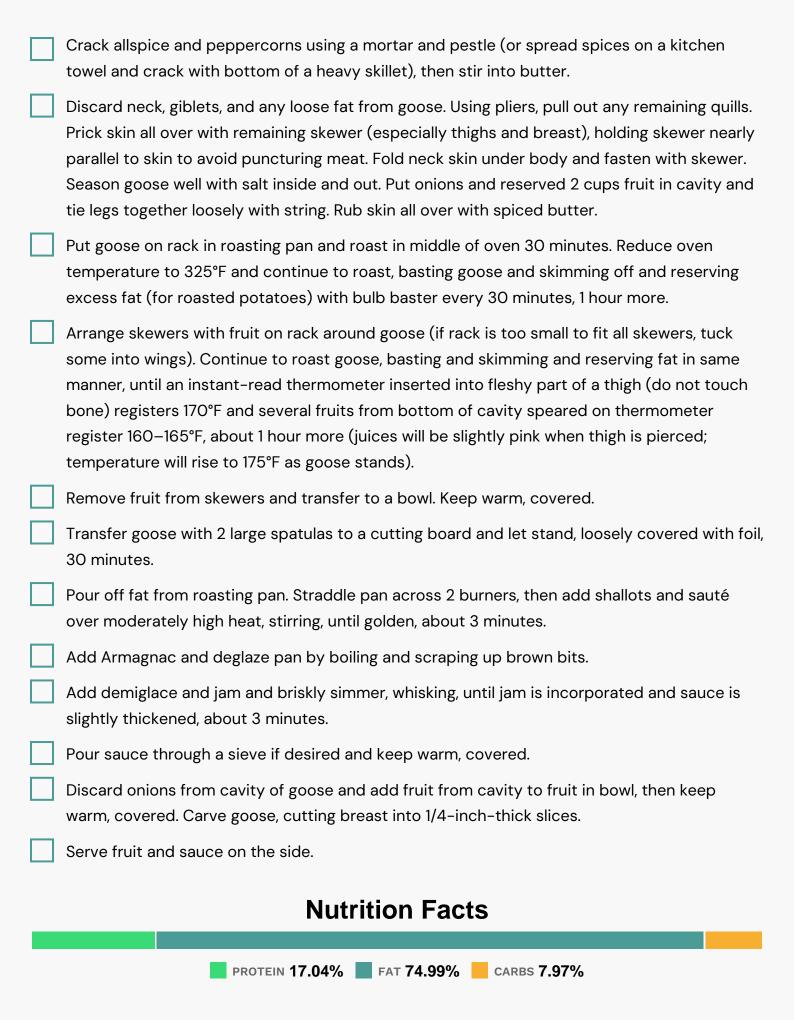
Spiced Roast Goose with Dried-Fruit Pan Sauce



Ingredients

2 tablespoorts apricot preserves
1 tablespoon peppercorns mixed white green black (, , , and pink)
1.3 cups apricot dried
8 oz figs dried (preferably Calmyrna;)
12 lb goose
2 medium onion quartered
1.3 cups prune- cut to pieces pitted

	0.3 cup shallots finely chopped (2 large)
	0.3 cup butter unsalted melted
	2 cups ground veal
	1 tablespoon allspice whole
	0.7 cup frangelico
	0.7 cup frangelico
Eq	uipment
	bowl
	frying pan
	sauce pan
	oven
	whisk
	sieve
	roasting pan
	kitchen thermometer
	aluminum foil
	kitchen towels
	spatula
	skewers
	mortar and pestle
	cutting board
	baster
Directions	
	Cover figs, apricots, and prunes with water in a 3-quart saucepan and simmer, covered, 20 minutes.
	Drain in a sieve. Reserve 2 cups fruit, then thread remainder onto 4 skewers.
	Preheat oven to 425°F.



Properties

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Epicatechin: 0.01mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 2808.49kcal (140.42%), Fat: 238.8g (367.39%), Saturated Fat: 72.01g (450.08%), Carbohydrates: 57.08g (19.03%), Net Carbohydrates: 49.59g (18.03%), Sugar: 38.91g (43.23%), Cholesterol: 605.69mg (201.9%), Sodium: 526.99mg (22.91%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 122.11g (244.22%), Vitamin B3: 83.77mg (418.86%), Selenium: 169.06μg (241.51%), Vitamin B6: 4.37mg (218.27%), Phosphorus: 1777.18mg (177.72%), Vitamin B2: 2.64mg (155.16%), Iron: 19.23mg (106.84%), Vitamin B5: 9.95mg (99.45%), Potassium: 3052.2mg (87.21%), Zinc: 11.41mg (76.08%), Vitamin B1: 0.96mg (63.84%), Copper: 1.26mg (63.05%), Magnesium: 222.2mg (55.55%), Vitamin B12: 3.08μg (51.32%), Vitamin D: 6.91μg (46.07%), Vitamin C: 32.89mg (39.87%), Vitamin A: 1827.65IU (36.55%), Manganese: 0.68mg (33.86%), Fiber: 7.49g (29.98%), Folate: 97.19μg (24.3%), Vitamin K: 23.96μg (22.82%), Calcium: 182.87mg (18.29%), Vitamin E: 1.44mg (9.59%)