

food
network

 100%
HEALTH SCORE

Stuffed Goose Breast with Caraway and Apples

 Dairy Free  Very Healthy

READY IN



1535 min.

SERVINGS



4

CALORIES



4473 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 2 tablespoons caraway seeds
- ☐ 1 eggs
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 large goose breast whole
- ☐ 3 apples green cored peeled chopped
- ☐ 1 pinch ground cloves

- ☐ 4 juniper berries smashed
- ☐ 0.3 cup olive oil plus 4 tablespoons
- ☐ 2 medium onions chopped
- ☐ 1 bunch parsley italian finely chopped
- ☐ 2 potatoes boiled peeled cut into 1/4-inch cubes
- ☐ 2 tablespoons red wine vinegar

Equipment

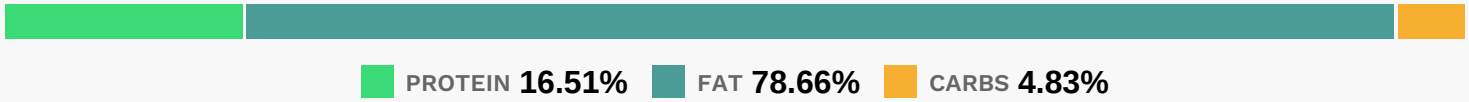
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ roasting pan
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Lay breast out in a non-reactive baking pan. In a mixing bowl, stir together juniper, rosemary, olive oil and vinegar and pour over breast. Cover and refrigerate for 24 hours.
- ☐ Preheat oven to 425 degrees.
- ☐ In a 14-inch saute pan, heat remaining oil over medium heat and add onions. Cook until softened, about 8 to 10 minutes.
- ☐ Add apples, caraway and cooked potatoes and cook another 10 minutes, or until apples have started to soften.
- ☐ Remove from heat and allow to cool.
- ☐ Add bread crumbs, parsley, cloves, egg, season with salt and pepper and set aside.
- ☐ Preheat oven to 425 degrees.
- ☐ Remove goose from marinade, brush off and pat dry. Season with salt and pepper and lay flat on cutting board, skin side down.

- ☐
- Lay stuffing out evenly over goose and roll up like a jelly roll. Tie securely with butcher's twine and place in roasting pan. Roast in oven for 45 to 50 minutes, or until internal temperature reaches 150 degrees.
- ☐
- Remove, allow to rest 10 minutes and carve.
- ☐
- Serve with spiced white cabbage.

Nutrition Facts



Properties

Glycemic Index:43.69, Glycemic Load:19.87, Inflammation Score:-10, Nutrition Score:75.12739115176%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg

Nutrients (% of daily need)

Calories: 4473.15kcal (223.66%), Fat: 397.16g (611.01%), Saturated Fat: 113.61g (710.03%), Carbohydrates: 54.85g (18.28%), Net Carbohydrates: 46.07g (16.75%), Sugar: 18.38g (20.42%), Cholesterol: 947.92mg (315.97%), Sodium: 916.12mg (39.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 187.59g (375.18%), Vitamin B3: 132.89mg (664.46%), Selenium: 279.85µg (399.79%), Vitamin B6: 7.07mg (353.54%), Phosphorus: 2814.65mg (281.46%), Vitamin B2: 4.18mg (246.04%), Vitamin K: 248.03µg (236.22%), Iron: 31.78mg (176.57%), Vitamin B5: 15.39mg (153.92%), Potassium: 4410.63mg (126.02%), Vitamin C: 98.57mg (119.48%), Vitamin B1: 1.71mg (113.98%), Zinc: 16.42mg (109.47%), Copper: 1.81mg (90.35%), Magnesium: 331.3mg (82.82%), Vitamin D: 11.56µg (77.05%), Vitamin B12: 4µg (66.67%), Vitamin A: 2482.17IU (49.64%), Folate: 197.91µg (49.48%), Manganese: 0.72mg (35.8%), Fiber: 8.78g (35.14%), Calcium: 241.69mg (24.17%), Vitamin E: 2.52mg (16.81%)