



WHATSheATE



Stuffed Goose with Caraway and Apples: Oca Ripiena

 Dairy Free  Very Healthy

READY IN



114 min.

SERVINGS



6

CALORIES



2982 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 2 tablespoons caraway seeds
- ☐ 1 eggs
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 large double goose breast
- ☐ 3 apples green cored peeled chopped
- ☐ 4 juniper berries smashed

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 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
- ☐ 6 servings salt and pepper black freshly ground

Equipment

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

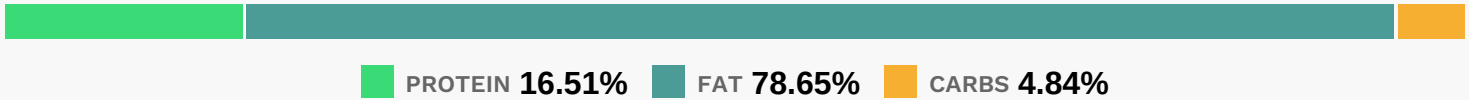
Directions

- ☐ Lay the goose breast out in a baking pan. In a mixing bowl, stir together the juniper, rosemary, 1/4 cup olive oil and vinegar and pour over the breast. Cover and refrigerate for 24 hours.
- ☐ In a 14-inch saute pan, heat the remaining oil over medium heat and add onions. Cook until softened, about 8 to 10 minutes.
- ☐ Add the 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 the bread crumbs, parsley, cloves, and egg and season with salt and pepper. Set aside.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Remove the goose from the marinade, brush off and pat dry. Season with salt and pepper and lay flat on cutting board.
- ☐ Lay the stuffing out evenly over the 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 the

internal temperature reaches 150 degrees F.

☐ Remove, allow to rest 10 minutes, then carve.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:13.26, Inflammation Score:-9, Nutrition Score:63.695652132449%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg

Nutrients (% of daily need)

Calories: 2982.31kcal (149.12%), Fat: 264.77g (407.34%), Saturated Fat: 75.74g (473.36%), Carbohydrates: 36.62g (12.21%), Net Carbohydrates: 30.74g (11.18%), Sugar: 12.25g (13.61%), Cholesterol: 631.95mg (210.65%), Sodium: 610.72mg (26.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 125.07g (250.14%), Vitamin B3: 88.59mg (442.97%), Selenium: 186.57µg (266.53%), Vitamin B6: 4.71mg (235.7%), Phosphorus: 1876.57mg (187.66%), Vitamin B2: 2.79mg (164.03%), Vitamin K: 165.5µg (157.61%), Iron: 21.2mg (117.76%), Vitamin B5: 10.26mg (102.63%), Potassium: 2941.58mg (84.05%), Vitamin C: 65.71mg (79.65%), Vitamin B1: 1.14mg (75.99%), Zinc: 10.95mg (72.99%), Copper: 1.21mg (60.3%), Magnesium: 220.99mg (55.25%), Vitamin D: 7.7µg (51.37%), Vitamin B12: 2.67µg (44.44%), Vitamin A: 1655.3IU (33.11%), Folate: 131.95µg (32.99%), Manganese: 0.48mg (24.01%), Fiber: 5.88g (23.5%), Calcium: 161.47mg (16.15%), Vitamin E: 1.68mg (11.2%)