

# Roast Christmas Goose

Yield: 10 min  
Total Time: 145 min

Recipe from: <https://www.recipeschoose.com/recipes/roasted-christmas-goose-recipe>

## Ingredients:

- 1 goose domestic, 10 to 12 pounds
- pepper
- salt
- 1 apples medium, peeled and quartered
- 1 navel oranges medium, peeled and quartered
- 1 lemon medium, peeled and quartered
- 1 cup hot water

## Nutrition:

1. Calories: 1370 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 290 milligrams
4. Fat: 123 grams
5. Fiber: 1 grams
6. Protein: 58 grams
7. SaturatedFat: 36 grams
8. Sodium: 350 milligrams
9. Sugar: 3 grams

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