ENJOY SOME GOOSE EGGS!

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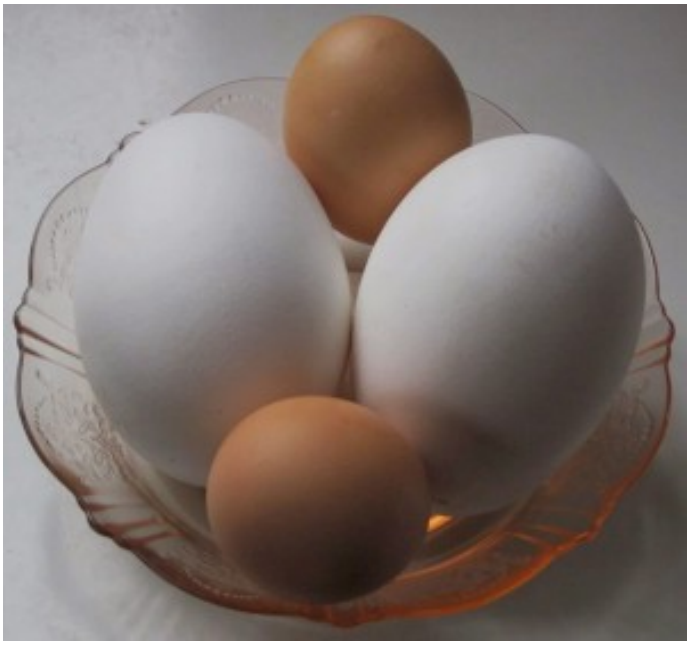
OUR FIRST GOOSE EGGS!

This was our first experience with goose eggs and I thought they tasted great. Our usual three "chicken" egg omelet became a one "goose" egg omelet. Although some claim duck eggs have a stronger flavor than chicken eggs, I can't say I noticed any difference in taste. However, the texture did seem a tiny bit firmer than a chicken egg omelet. Many claim this slightly stiffer texture makes them great for baking 'loftier' baked goods.

You can expect a single goose egg to yield as much as three to four chicken eggs. The shell is noticeably thicker than a chicken egg and will take a significant whack to crack! The thicker shell can extend the shelf life up to six weeks in the frig. Many people with allergies to eggs are able to eat goose eggs.



GOOSE EGGS ARE MORE NUTRIENT DENSE THAN CHICKEN EGGS!

The percentages below show the increase in nutrient content of goose eggs over chicken eggs

when consuming equal amounts of each. It's clear the goose eggs are considerably higher in nutrition.

Make sure you buy your goose eggs from a farmer you know who is pasturing the geese so the fat and nutrients are healthy. Goose eggs are twice as high in monounsaturated fat and nearly the same in saturated and polyunsaturated fat.

Macro Nutrients		Vitamins		Minerals	
Protein	3%	Thiamin	152 %	Calcium	31%
Fat	37%	Riboflavin	-20%	Iron	167 %
Carbs	19%	Niacin	174 %	Magnesium	70%
		Pantothenic acid	48%	Phosphorus	24%
		Vitamin B-6	80%	Potassium	83%
		Folate	70%	Sodium	16%
		Vitamin B-12	440 %	Zinc	28%
		Vitamin A, IU	109 %	Copper	343 %
		Retinol	109 %	Manganese	58%
		Vitamin D	none	Selenium	18%

THE COST

You can expect to pay more for goose eggs. Ducks, being waterfowl, have different laying patterns than chickens and lay significantly fewer eggs per year making them more costly. Ducks are also more challenging to manage. They lay their eggs wherever they feel like it, not in a convenient nest like a chicken. They particularly like to lay their eggs in mud as the eggs require greater humidity to hatch. This can add to the cost of cleaning the eggs.

Don't let this scare you away from this terrific, nutrient dense, whole food. Check with your local farmers, stretch your wings, and try some goose eggs. You won't be sorry.

Written by Peter Wright

This post is part of Fight Back Friday, Monday Mania, and Real Food Wednesday.