



Cheesy Vegetable Moussaka

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 28 ounce canned tomatoes unsalted diced undrained canned
- 0.5 cup cooking wine dry white
- 1 large egg white
- 2 large eggplants cut into 1/2-inch-thick slices (2 1/2 pounds)
- 2 large eggs
- 0.7 cup feta cheese crumbled
- 2 tablespoons basil fresh chopped

- 2 tablespoons optional: dill fresh chopped
- 6 garlic cloves chopped
- 1.5 cups greek yogurt plain fat-free
- 0.4 teaspoon kosher salt
- 2 tablespoons lower-sodium soy sauce
- 24 ounce pre mushrooms
- 2 tablespoons olive oil divided
- 2 cups onion finely chopped
- 0.5 cup quinoa uncooked
- 2 tablespoons tomato paste unsalted
- 0.3 cup vegetarian parmesan cheese grated
- 1 cup water

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil
- broiler

Directions

- Heat a medium saucepan over medium-high heat.
- Add 1 tablespoon oil to pan; swirl to coat.
- Add onion; cook 6 minutes or until onion is tender.
- Add garlic; cook 1 minute.

- Add 1 cup water, quinoa, tomato paste, salt, pepper, and tomatoes. Bring to a boil; reduce heat, and simmer 20 minutes.
- Remove from heat; stir in basil.
- Preheat broiler to high.
- Place half of eggplant slices on a foil-lined baking sheet coated with cooking spray; lightly coat both sides of eggplant slices with cooking spray. Broil 5 inches from heat for 5 minutes on each side or until browned. Repeat procedure with remaining eggplant. Set eggplant aside.
- Reduce oven temperature to 35
- Heat a large skillet over medium-high heat.
- Add remaining 1 tablespoon oil to pan; swirl to coat.
- Add mushrooms; cook 8 minutes.
- Add wine and soy sauce; simmer 4 minutes.
- Remove from heat; stir in dill.
- Combine yogurt, feta cheese, eggs, and egg white in a bowl, stirring well with a whisk until smooth.
- Spread half of the tomato sauce in bottom of a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Arrange half of eggplant slices over sauce.
- Spread mushroom mixture over eggplant; sprinkle with Parmesan cheese. Spoon remaining tomato sauce over cheese; top with remaining eggplant slices. Spoon yogurt mixture evenly over eggplant.
- Bake at 350 for 45 minutes or until topping is lightly browned.

Nutrition Facts



Properties

Glycemic Index:64.67, Glycemic Load:6.89, Inflammation Score:-8, Nutrition Score:30.849999821704%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin:

0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.73mg, Isorhamnetin: 2.73mg, Isorhamnetin: 2.73mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg

Nutrients (% of daily need)

Calories: 366.57kcal (18.33%), Fat: 13.11g (20.18%), Saturated Fat: 4.42g (27.6%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 31.57g (11.48%), Sugar: 18.39g (20.43%), Cholesterol: 82.17mg (27.39%), Sodium: 876.92mg (38.13%), Alcohol: 2.06g (100%), Alcohol %: 0.41% (100%), Protein: 22.41g (44.83%), Vitamin B2: 1.06mg (62.6%), Manganese: 1.15mg (57.71%), Phosphorus: 465.68mg (46.57%), Copper: 0.9mg (45.07%), Potassium: 1475.32mg (42.15%), Fiber: 10.48g (41.92%), Selenium: 28.63µg (40.91%), Vitamin B6: 0.78mg (39.07%), Vitamin B3: 7.56mg (37.78%), Vitamin B5: 3.34mg (33.35%), Folate: 127.39µg (31.85%), Vitamin C: 24.2mg (29.33%), Calcium: 291.66mg (29.17%), Magnesium: 114.1mg (28.52%), Vitamin B1: 0.38mg (25.6%), Vitamin E: 3.63mg (24.2%), Iron: 4.27mg (23.73%), Zinc: 2.94mg (19.62%), Vitamin K: 19.44µg (18.51%), Vitamin B12: 0.88µg (14.67%), Vitamin A: 645IU (12.9%), Vitamin D: 0.65µg (4.32%)