



Classic Greek Moussaka

READY IN



45 min.

SERVINGS



4

CALORIES



847 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 50 g breadcrumbs homemade
- 50 g butter
- 480 g canned tomatoes chopped
- 2 eggplant thinly sliced
- 3 egg yolk
- 230 g feta cheese grated
- 50 g flour
- 4 cloves garlic finely chopped
- 0.3 tsp ground allspice

- 0.3 tsp ground cinnamon
- 0.5 tsp nutmeg
- 4 servings pepper white
- 400 g ground beef lean minced
- 250 ml milk
- 1 Tbs olive oil
- 4 servings olive oil
- 2 onion finely chopped
- 4 servings sea salt
- 2 Tbs tomato paste

Equipment

- frying pan
- oven
- whisk
- baking pan
- aluminum foil
- grill pan

Directions

- Sprinkle the egg plant slices with salt and let them stand for 45 minutes. Then wash thoroughly to remove excess salt. Thinly brush each slice with olive oil and bake in the preheated grill pan for several minutes on each side. Set aside. Repeat until all slices are grilled. For the meat sauce lightly saute the onions in olive oil until tender.
- Add ground beef and saute, stirring frequently to break up the clumps of meat, until the meat is no longer pink. Stir in tomatoes, garlic, cinnamon, allspice, salt and pepper and simmer briefly on low heat.
- Add in tomato paste and a little water if the sauce is too thick.
- Remove from heat and set aside. For the bechamel sauce add flour to the melted butter, stirring constantly. When the mixture is evenly thick, gradually whisk in warm milk. Gently

bring to the boil, then remove from heat, season with pepper and nutmeg.

- Whisk in (vigorously) the egg yolks. Set aside. Thinly coat with olive oil a suitable ovenproof baking dish, sprinkle the bottom with homemade bread crumbs.
- Place a layer of egg plant, cover with some meat sauce and feta cheese and repeat this until the pan is almost full. Finish with a layer of feta cheese. Top with bchamel sauce. Cover with tin foil and bake in a preheated oven at 180C for 1 hour.
- Remove moussaka from the oven and let it set at room temperature 45 minutes before serving.

Nutrition Facts



PROTEIN 19.64% **FAT 54.54%** **CARBS 25.82%**

Properties

Glycemic Index:112.5, Glycemic Load:15.1, Inflammation Score:-9, Nutrition Score:43.06%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg

Taste

Sweetness: 54.55%, Saltiness: 100%, Sourness: 33.43%, Bitterness: 35.08%, Savoriness: 48.14%, Fattiness: 76.86%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 847.48kcal (42.37%), Fat: 52.44g (80.67%), Saturated Fat: 21.64g (135.27%), Carbohydrates: 55.85g (18.62%), Net Carbohydrates: 43.78g (15.92%), Sugar: 20.77g (23.08%), Cholesterol: 293.58mg (97.86%), Sodium: 1347.88mg (58.6%), Protein: 42.49g (84.99%), Phosphorus: 671.54mg (67.15%), Vitamin B2: 1.1mg (64.9%), Vitamin B12: 3.89µg (64.8%), Selenium: 44.93µg (64.18%), Manganese: 1.26mg (62.94%), Vitamin B6: 1.24mg (61.96%), Zinc: 8.5mg (56.69%), Vitamin B3: 11mg (55.02%), Calcium: 507.81mg (50.78%), Fiber: 12.07g (48.28%), Potassium: 1587.97mg (45.37%), Vitamin B1: 0.63mg (41.73%), Vitamin E: 6.14mg (40.93%), Iron: 7.22mg (40.09%), Folate: 157.68µg (39.42%), Copper: 0.64mg (32.17%), Vitamin B5: 3.05mg (30.54%), Magnesium: 117.95mg (29.49%), Vitamin C: 23.32mg (28.26%), Vitamin K: 29.5µg (28.1%), Vitamin A: 1289.56IU (25.79%), Vitamin D: 1.77µg (11.79%)