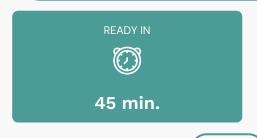


Classic Greek Moussaka







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		
<u>-</u> 4	aipilietit	
ᆜ	frying pan	
Ш	oven	
Ш	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, all spice, salt and pepper and simmer briefly on low heat.	
	Add in tomato paste and a little water if the sauce is to thick.	
	Remove from heat and set aside.For the bchamel 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% CARRS 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, Luteolin: 0.03mg, Luteolin: 0.03mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 11.31mg, 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%)