



Classic Pastitsio

READY IN



55 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 oz elbow macaroni uncooked
- ☐ 1 egg whites
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 tablespoons milk
- ☐ 0.8 lb lamb
- ☐ 1.5 cups eggplant cubed peeled
- ☐ 14.5 oz canned tomatoes diced organic drained canned
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon salt

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 clove garlic finely chopped
- ☐ 1 cup milk
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 eggs beaten

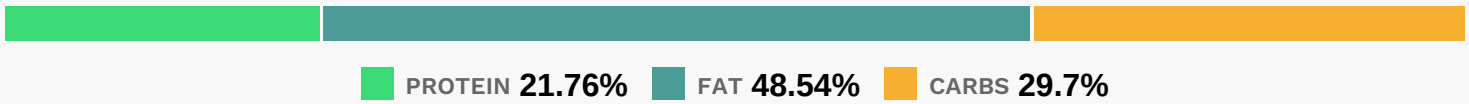
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Cook and drain macaroni as directed on package. Stir in remaining macaroni mixture ingredients.
- ☐ Meanwhile, in 10-inch skillet, cook lamb over medium heat about 10 minutes, stirring occasionally, until no longer pink; drain. Stir in remaining lamb mixture ingredients.
- ☐ In 1-quart saucepan, cook 1 cup milk and the cornstarch over medium heat, stirring constantly, until mixture thickens and boils. Stir in remaining sauce ingredients.
- ☐ In ungreased 1 1/2-quart casserole, place half of macaroni mixture. Top with lamb mixture, remaining macaroni mixture and the sauce.
- ☐ Bake uncovered about 40 minutes or until set in center.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:2.73, Inflammation Score:-5, Nutrition Score:14.497391223907%

Flavonoids

Delphinidin: 17.57mg, Delphinidin: 17.57mg, Delphinidin: 17.57mg, Delphinidin: 17.57mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 325.14kcal (16.26%), Fat: 17.6g (27.08%), Saturated Fat: 7.87g (49.18%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 21.47g (7.81%), Sugar: 7.04g (7.82%), Cholesterol: 79.23mg (26.41%), Sodium: 457.99mg (19.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.75g (35.51%), Selenium: 27.92µg (39.89%), Vitamin B12: 1.7µg (28.41%), Phosphorus: 250.53mg (25.05%), Vitamin B3: 4.72mg (23.58%), Zinc: 2.95mg (19.69%), Manganese: 0.39mg (19.42%), Vitamin B2: 0.31mg (18.53%), Calcium: 154.98mg (15.5%), Potassium: 530.14mg (15.15%), Vitamin B6: 0.28mg (14.25%), Copper: 0.26mg (13.25%), Iron: 2.24mg (12.47%), Magnesium: 47.9mg (11.98%), Vitamin B1: 0.17mg (11.62%), Fiber: 2.76g (11.03%), Vitamin B5: 1.02mg (10.19%), Vitamin C: 7.9mg (9.58%), Folate: 33.21µg (8.3%), Vitamin E: 1.18mg (7.89%), Vitamin K: 6.75µg (6.43%), Vitamin A: 316.7IU (6.33%), Vitamin D: 0.73µg (4.9%)