



WHATSheATE



Croatian Moussaka

READY IN



1500 min.

SERVINGS



8

CALORIES



783 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup bread crumbs dry fine
- ☐ 6 large eggs
- ☐ 5 garlic cloves finely chopped
- ☐ 2 lb ground beef
- ☐ 1 large onion chopped
- ☐ 0.8 cup parmigiano-reggiano finely grated
- ☐ 4 lb potatoes boiling
- ☐ 1 teaspoon salt

- ☐ 2 lb tomatoes
- ☐ 2 tablespoons butter unsalted cooled melted
- ☐ 3 cups vegetable oil
- ☐ 1 cup milk whole

Equipment

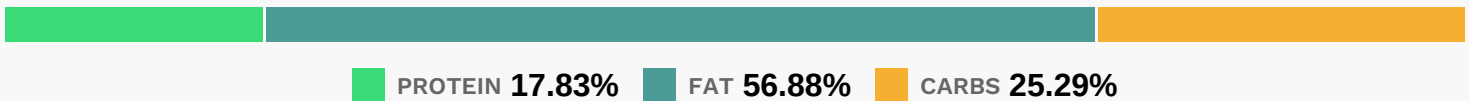
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ glass baking pan

Directions

- ☐ Cut an X in bottom of each tomato with a sharp paring knife and blanch tomatoes together in a 6- to 8-quart pot of boiling water 10 seconds.
- ☐ Transfer tomatoes with a slotted spoon to a bowl of ice and cold water to cool. Peel off skin with paring knife, beginning from scored end, and discard. Finely chop tomatoes.
- ☐ Peel potatoes and cut into slices slightly less than 1/4 inch thick.
- ☐ Heat oil in a 4- to 5-quart pot over moderately high heat until it registers 370°F on thermometer. Fry potatoes in 6 batches, turning over occasionally, until golden, about 6 minutes per batch, transferring with slotted spoon to paper towels to drain. (Return oil to 370°F between batches.)
- ☐ Heat butter in a wide 6- to 8-quart heavy pot over moderately high heat until foam subsides, then add onion and garlic and sauté, stirring occasionally, until golden, about 8 minutes.

- ☐ Add beef and sauté, stirring occasionally and breaking up large lumps with a wooden spoon, until meat is no longer pink, about 6 minutes.
- ☐ Add tomatoes, salt, and pepper and cook, stirring occasionally, until almost all of liquid is evaporated, 15 to 20 minutes.
- ☐ Remove from heat and stir in cheese and bread crumbs until just combined.
- ☐ Arrange one third of potatoes, overlapping slightly, in a buttered 13- by 9-inch glass baking dish, then spread with half of beef mixture. Repeat layering with potatoes and beef, ending with a third layer of potatoes.
- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Whisk together butter, eggs, milk, cheese, and bread crumbs until just combined, then pour evenly over potatoes.
- ☐ Bake until golden brown and bubbling around edges, 35 to 40 minutes. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:2.36, Inflammation Score:-8, Nutrition Score:32.591739074044%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 782.77kcal (39.14%), Fat: 49.77g (76.56%), Saturated Fat: 16.48g (102.97%), Carbohydrates: 49.78g (16.59%), Net Carbohydrates: 43.87g (15.95%), Sugar: 8.82g (9.8%), Cholesterol: 237.57mg (79.19%), Sodium: 679.07mg (29.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.1g (70.2%), Phosphorus: 535.33mg (53.53%), Vitamin B12: 3.07µg (51.12%), Potassium: 1763.66mg (50.39%), Vitamin B6: 0.99mg (49.39%), Selenium: 34.45µg (49.21%), Vitamin K: 49.01µg (46.68%), Vitamin C: 37.01mg (44.86%), Zinc: 6.7mg (44.7%), Vitamin B3: 8.64mg (43.22%), Vitamin B2: 0.54mg (31.77%), Manganese: 0.61mg (30.42%), Iron: 5.31mg (29.5%), Vitamin A: 1374.3IU (27.49%), Vitamin B1: 0.39mg (25.87%), Copper: 0.5mg (25.14%), Magnesium: 99.47mg (24.87%), Calcium: 245.58mg (24.56%), Folate: 95.02µg (23.75%), Fiber: 5.91g (23.64%), Vitamin B5: 2.11mg (21.11%), Vitamin E: 2.96mg (19.73%), Vitamin D: 1.3µg (8.66%)