



 **26%**  
HEALTH SCORE

## Eggplant and Veal Pastitsio

READY IN



4500 min.

SERVINGS



8

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 lb eggplant trimmed cut into 1-inch pieces
- 3 large eggs lightly beaten
- 1.5 cups feta cheese crumbled
- 3 tablespoons flour all-purpose
- 1 large garlic clove smashed
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 teaspoon salt
- 10 oz .5 oz. macaroni
- 10 oz .5 oz. macaroni

- 3 tablespoons butter unsalted
- 6 cups veal shanks with sauce, reheated to warm chopped
- 3 cups milk whole

## Equipment

- bowl
- sauce pan
- oven
- whisk
- pot
- baking pan
- colander

## Directions

- Put oven rack in middle position and preheat oven to 425°F.
- Toss eggplant with salt in a colander set over a bowl and let drain 30 minutes. Rinse eggplant, then squeeze handfuls of it to extract bitter liquid. Toss eggplant with oil in a bowl, then spread in 1 layer in a large shallow baking pan. Roast, stirring once, until tender and lightly browned, about 25 minutes. Stir into meat mixture and spread in baking dish.
- Cook pasta in a large pot of boiling salted water until al dente, about 8 minutes, then drain.
- Bring milk and garlic to a simmer in a 2-quart heavy saucepan.
- Heat butter in a 3-quart heavy saucepan over moderate heat until foam subsides, then add flour, and cook roux, whisking, 1 minute.
- Add hot milk mixture in a fast stream, whisking vigorously to prevent lumps, and simmer béchamel, whisking occasionally, until thickened, 3 to 5 minutes. Discard garlic.
- Remove from heat and stir in feta and salt and pepper to taste, then whisk gradually into eggs in a large bowl. Stir in pasta, then spread evenly over meat mixture.
- Bake pastitsio until bubbling and golden brown, 30 to 35 minutes.
- Let stand 10 minutes before serving.

Eggplant can be roasted 1 day ahead, then stirred into reserved meat and sauce mixture and chilled, covered.

## Nutrition Facts



■ PROTEIN 30.33% ■ FAT 32.98% ■ CARBS 36.69%

### Properties

Glycemic Index:25, Glycemic Load:4.12, Inflammation Score:-6, Nutrition Score:34.572174227756%

### Flavonoids

Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 716.79kcal (35.84%), Fat: 25.92g (39.87%), Saturated Fat: 11.32g (70.72%), Carbohydrates: 64.86g (21.62%), Net Carbohydrates: 60.38g (21.96%), Sugar: 8.88g (9.87%), Cholesterol: 250.13mg (83.38%), Sodium: 828.19mg (36.01%), Alcohol: 0g (100%), Protein: 53.63g (107.27%), Selenium: 71.8µg (102.57%), Vitamin B3: 15.46mg (77.29%), Phosphorus: 719.07mg (71.91%), Zinc: 9.65mg (64.33%), Vitamin B2: 1.01mg (59.39%), Vitamin B12: 3.56µg (59.31%), Vitamin B6: 1.15mg (57.43%), Manganese: 0.87mg (43.68%), Vitamin B5: 3.72mg (37.16%), Calcium: 321.03mg (32.1%), Potassium: 1063.94mg (30.4%), Magnesium: 104.15mg (26.04%), Vitamin B1: 0.36mg (23.78%), Copper: 0.42mg (21.16%), Folate: 78.09µg (19.52%), Fiber: 4.48g (17.91%), Iron: 3.1mg (17.24%), Vitamin D: 1.57µg (10.49%), Vitamin A: 515.7IU (10.31%), Vitamin E: 1.21mg (8.08%), Vitamin K: 5.88µg (5.6%), Vitamin C: 1.68mg (2.03%)