



Eggplant and Veal Pastitsio

READY IN



4500 min.

SERVINGS



8

CALORIES



585 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
- ☐ 3 tablespoons butter unsalted

- ☐ 6 cups veal shanks with sauce, reheated to warm chopped
- ☐ 3 cups milk whole

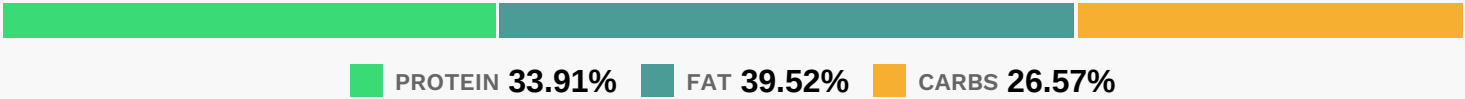
Equipment

- ☐ 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



Properties

Glycemic Index:25, Glycemic Load:4.12, Inflammation Score:-6, Nutrition Score:30.749130425246%

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: 585.32kcal (29.27%), Fat: 25.38g (39.05%), Saturated Fat: 11.22g (70.11%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 35.06g (12.75%), Sugar: 7.93g (8.81%), Cholesterol: 250.13mg (83.38%), Sodium: 826.07mg (35.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.01g (98.02%), Vitamin B3: 14.86mg (74.28%), Selenium: 49.4µg (70.57%), Phosphorus: 652.09mg (65.21%), Zinc: 9.15mg (61%), Vitamin B12: 3.56µg (59.31%), Vitamin B2: 0.99mg (58.14%), Vitamin B6: 1.1mg (54.91%), Vitamin B5: 3.56mg (35.64%), Calcium: 313.59mg (31.36%), Potassium: 984.92mg (28.14%), Manganese: 0.55mg (27.43%), Vitamin B1: 0.32mg (21.66%), Magnesium: 85.37mg (21.34%), Folate: 71.72µg (17.93%), Copper: 0.32mg (16.04%), Iron: 2.64mg (14.68%), Fiber: 3.34g (13.38%), Vitamin D: 1.57µg (10.49%), Vitamin A: 515.7IU (10.31%), Vitamin E: 1.17mg (7.82%), Vitamin K: 5.84µg (5.56%), Vitamin C: 1.68mg (2.03%)