



 **59%**
HEALTH SCORE

Garden Pastitsio

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup celery diced
- 1 pound elbow macaroni hot cooked uncooked
- 2 teaspoons cornstarch
- 8 ounce feta cheese divided crumbled
- 3 garlic cloves minced
- 0.3 teaspoon ground pepper white
- 1 tablespoon juice of lemon fresh
- 5 cups milk 1% low-fat

- 2 teaspoons olive oil
- 2 cups onion diced
- 0.5 teaspoon salt
- 10 ounce pkt spinach frozen dry thawed drained chopped
- 8 ounce tempeh crumbled
- 1 tablespoon water
- 1.5 teaspoons or dried fresh chopped
- 2 teaspoons or dried fresh chopped
- 2 teaspoons or dried fresh chopped

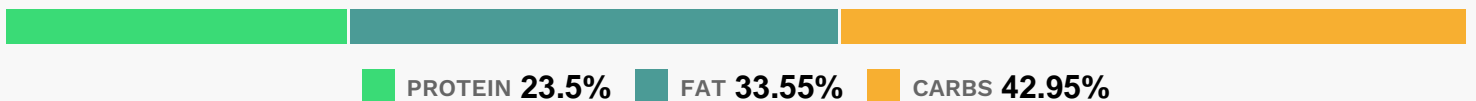
Equipment

- oven
- baking pan
- dutch oven

Directions

- Preheat oven to 37
- Heat oil in a Dutch oven over medium heat.
- Add onion, celery, oregano, garlic, and tempeh, and saute 5 minutes.
- Combine cornstarch and water, and stir well.
- Add cornstarch mixture and milk to pan; bring to a boil. Reduce heat, and simmer 20 minutes, stirring occasionally. Stir in lemon juice, dill, salt, pepper, macaroni, 4 ounces feta, and spinach. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray; sprinkle with 4 ounces feta.
- Bake at 375 for 30 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:22.58, Glycemic Load:9.86, Inflammation Score:-10, Nutrition Score:26.863478349603%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 324.39kcal (16.22%), Fat: 12.37g (19.03%), Saturated Fat: 5.51g (34.47%), Carbohydrates: 35.62g (11.87%), Net Carbohydrates: 32.62g (11.86%), Sugar: 9.79g (10.88%), Cholesterol: 32.61mg (10.87%), Sodium: 567.86mg (24.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.98%), Vitamin K: 136.96µg (130.44%), Vitamin A: 4632.74IU (92.65%), Manganese: 0.91mg (45.37%), Calcium: 426.84mg (42.68%), Phosphorus: 390.82mg (39.08%), Vitamin B2: 0.66mg (38.71%), Selenium: 24.87µg (35.53%), Vitamin B12: 1.4µg (23.36%), Magnesium: 89.55mg (22.39%), Vitamin B6: 0.43mg (21.69%), Folate: 86.74µg (21.68%), Potassium: 620.43mg (17.73%), Zinc: 2.37mg (15.78%), Copper: 0.3mg (15.14%), Vitamin B1: 0.22mg (14.6%), Fiber: 3.01g (12.02%), Iron: 2.14mg (11.9%), Vitamin D: 1.74µg (11.57%), Vitamin B5: 1.07mg (10.72%), Vitamin E: 1.33mg (8.88%), Vitamin B3: 1.7mg (8.52%), Vitamin C: 6.48mg (7.86%)