



WHATSheATE



Lamb and Eggplant Pastitsio

READY IN



45 min.

SERVINGS



8

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 28 oz canned tomatoes crushed canned
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 lb eggplant peeled cut into 1/2-inch cubes
- ☐ 2 large eggs
- ☐ 0.5 lb feta cheese crumbled
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 garlic clove
- ☐ 1 lb ground lamb lean

- ☐ 2 cups milk
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 1 teaspoon oregano dried crumbled
- ☐ 3 cups penne pasta
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon sugar
- ☐ 2 tablespoons butter unsalted

Equipment

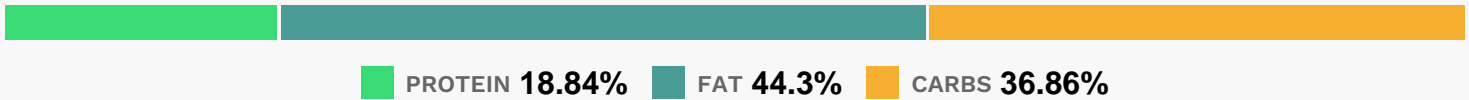
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ colander

Directions

- ☐ Cook onion in oil in a 4-quart heavy pot over moderately low heat, stirring, until softened, 3 to 5 minutes.
- ☐ Add lamb and sauté over moderately high heat, stirring and breaking up lumps, until no longer pink, about 5 minutes.
- ☐ Add garlic, salt, oregano, cinnamon, sugar, and pepper and sauté, stirring, 2 minutes.
- ☐ Stir in eggplant and tomatoes and gently simmer, covered, stirring occasionally, until eggplant is just tender, about 40 minutes.
- ☐ Remove lid and simmer, stirring occasionally, until sauce is thickened, about 15 minutes more. Season with salt and pepper.
- ☐ Preheat oven to 425°F.

- ☐ Melt butter in a 2-quart heavy saucepan over moderate heat, then stir in flour and cook, stirring, 2 minutes.
- ☐ Whisk in milk and add garlic clove and whole clove, then bring to a boil, whisking constantly. Reduce heat and simmer, whisking occasionally, 5 minutes.
- ☐ Add feta, salt, and pepper and cook, whisking vigorously, until cheese is well incorporated.
- ☐ Beat eggs in a large bowl and gradually add sauce to eggs, whisking.
- ☐ Cook pasta in a large pot of boiling salted water until just al dente, then drain in a colander. Toss half of pasta with lamb sauce and half with cheese sauce.
- ☐ Pour pasta with lamb sauce into a wide shallow 3-quart baking dish, spreading evenly. Spoon pasta with cheese sauce on top, spreading evenly.
- ☐ Bake pastitsio, uncovered, in middle of oven until bubbling and top is golden, 25 to 30 minutes.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:52.39, Glycemic Load:18.12, Inflammation Score:-7, Nutrition Score:19.511739067409%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 533.68kcal (26.68%), Fat: 26.64g (40.98%), Saturated Fat: 13.16g (82.22%), Carbohydrates: 49.85g (16.62%), Net Carbohydrates: 44.35g (16.13%), Sugar: 11.42g (12.69%), Cholesterol: 127.97mg (42.66%), Sodium: 689.12mg (29.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.49g (50.98%), Selenium: 37.51µg (53.59%), Manganese: 0.8mg (40%), Phosphorus: 316.42mg (31.64%), Vitamin B2: 0.5mg (29.17%), Calcium: 286.34mg (28.63%), Vitamin B6: 0.47mg (23.3%), Fiber: 5.5g (22.01%), Potassium: 677.26mg (19.35%), Copper: 0.38mg (19.14%), Iron: 3.42mg (19.02%), Magnesium: 67.66mg (16.92%), Vitamin B1: 0.24mg (16.14%), Vitamin B12: 0.93µg (15.43%), Zinc: 2.24mg (14.96%), Vitamin C: 11.89mg (14.41%), Vitamin B3: 2.8mg (14.01%), Folate: 55.63µg (13.91%), Vitamin E: 2.06mg (13.71%), Vitamin B5: 1.35mg (13.51%), Vitamin A: 605.16IU (12.1%), Vitamin K: 11.1µg

(10.57%), Vitamin D: 1.09μg (7.25%)