



## Lamb Moussaka

READY IN



45 min.

SERVINGS



8

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound baking potatoes peeled cut into 1/4-inch-thick slices
- ☐ 0.3 teaspoon pepper black
- ☐ 58 ounce tomatoes diced undrained canned
- ☐ 0.5 cup currants dried
- ☐ 3 large egg whites
- ☐ 2.5 pound eggplant cut lengthwise into 1/4-inch-thick slices
- ☐ 0.3 cup flour all-purpose
- ☐ 1 large garlic clove minced
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 teaspoon nutmeg
- ☐ 1.5 pounds ground lamb lean
- ☐ 2 cups milk 1% low-fat divided
- ☐ 1 tablespoon olive oil divided
- ☐ 2 cups onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 ounce parmesan fresh divided grated
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon stick margarine

## Equipment

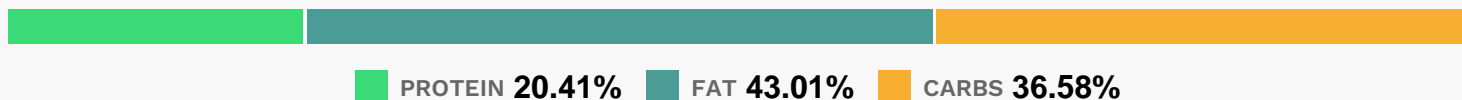
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler
- ☐ dutch oven

## Directions

- ☐ To prepare lamb mixture, cook lamb in a large Dutch oven over medium-high heat until browned; stir to crumble.
- ☐ Remove from pan; drain. Set aside. Wipe skillet with paper towels.
- ☐ Add onion to pan coated with cooking spray; saut 5 minutes.

- ☐ Add lamb, currants, and next 7 ingredients (currants through garlic); bring to a boil. Cook until thick (about 30 minutes).
- ☐ Preheat broiler.
- ☐ To prepare sauce, cook 1 1/2 cups milk and butter in a heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat.
- ☐ Combine 1/2 cup milk, egg whites, flour, and 1/2 teaspoon salt in a large bowl; gradually add the hot milk mixture to the egg white mixture, stirring constantly with a whisk. Return milk mixture to pan, and cook until thick (about 15 minutes), stirring constantly.
- ☐ Remove from heat.
- ☐ Place half of eggplant slices on a baking sheet coated with cooking spray, and brush with 1 1/2 teaspoons oil. Broil 4 minutes on each side or until browned. Repeat procedure with remaining eggplant and 1 1/2 teaspoons oil.
- ☐ Preheat oven to 37
- ☐ Cook potato slices in boiling water 5 minutes or until crisp-tender; drain. Rinse with cold water; drain well.
- ☐ Arrange potatoes in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange half the eggplant slices over potatoes.
- ☐ Pour 4 cups lamb mixture over eggplant, and sprinkle with 1 tablespoon cheese. Arrange remaining eggplant over cheese, and top with the remaining lamb mixture.
- ☐ Sprinkle with 1 tablespoon cheese.
- ☐ Spread sauce over cheese, and sprinkle with 2 tablespoons cheese.
- ☐ Bake at 375 for 45 minutes or until top is golden brown.
- ☐ Let stand 15 minutes.
- ☐ Garnish with oregano sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:51.34, Glycemic Load:13.99, Inflammation Score:-8, Nutrition Score:19.033478135648%

## Flavonoids

Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg

## Nutrients (% of daily need)

Calories: 464.5kcal (23.23%), Fat: 23.05g (35.46%), Saturated Fat: 10.06g (62.87%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 35.73g (12.99%), Sugar: 20.63g (22.93%), Cholesterol: 67.45mg (22.48%), Sodium: 924.56mg (40.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.22%), Manganese: 0.75mg (37.28%), Vitamin C: 28.98mg (35.13%), Potassium: 1202.74mg (34.36%), Fiber: 8.38g (33.53%), Vitamin B6: 0.67mg (33.25%), Iron: 4.56mg (25.36%), Calcium: 231.53mg (23.15%), Vitamin B2: 0.38mg (22.22%), Phosphorus: 217.7mg (21.77%), Vitamin B1: 0.29mg (19.65%), Magnesium: 74.39mg (18.6%), Copper: 0.37mg (18.59%), Folate: 73.53µg (18.38%), Vitamin B3: 3.49mg (17.47%), Vitamin E: 2.2mg (14.7%), Vitamin K: 14.51µg (13.82%), Vitamin B5: 1.14mg (11.41%), Selenium: 7.02µg (10.03%), Vitamin A: 493.38IU (9.87%), Zinc: 1.18mg (7.84%), Vitamin B12: 0.42µg (6.92%), Vitamin D: 0.67µg (4.44%)