



 **31%**
HEALTH SCORE

Melitzanes Moussaka

READY IN



120 min.

SERVINGS



6

CALORIES



837 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 0.3 teaspoon cinnamon
- 1 eggs lightly beaten
- 2 lbs eggplant
- 0.3 cup flour
- 2 garlic clove crushed
- 2 lbs ground beef
- 0.1 teaspoon cinnamon
- 2 tablespoons olive oil

- 6 servings olive oil as needed
- 1 large onion chopped
- 0.3 cup parmesan grated
- 2 tablespoons parsley chopped
- 6 servings bell pepper
- 6 servings bell pepper
- 1 teaspoon salt
- 6 servings salt
- 1 teaspoon sugar
- 2 tablespoons tomato paste
- 1 cup canned tomatoes peeled chopped
- 0.3 cup butter unsalted
- 0.5 cup wine
- 2 cups milk whole

Equipment

- frying pan
- oven
- whisk
- baking pan
- colander

Directions

- Cut eggplant into 1/4 inch slices with skin on.
- Sprinkle slices with salt and set in a colander to drain in the sink for 1 hour. Pat eggplant dry and set aside. Fry eggplant slices in a little oil until browned; remove from heat and set aside.
- Saute onion and garlic in oil until soft.
- Add meat and brown, stirring well.

- Add remaining sauce ingredients to meat, and simmer for 30 minutes over low heat, stirring frequently. Melt butter in skillet, and whisk in flour. Cook gently for 2 minutes, stirring constantly.
- Add milk all at once and whisk until mixture comes to a boil and thickens, about 1 minute more.
- Remove cream sauce from heat, and stir in nutmeg or cinnamon, 1 tbsp of cheese, and salt and pepper to your taste. Oil the bottom of a large square casserole or baking dish.
- Layer eggplant across the bottom. Top with half the meat sauce, layer again with eggplant, add rest of meat sauce, and finish with the remaining eggplant. Stir the beaten egg into the cream sauce and spread over eggplant.
- Sprinkle with remaining cheese.
- Bake in preheated 350F oven for about an hour.
- Let stand 10 minutes before cutting into squares to serve.

Nutrition Facts



Properties

Glycemic Index: 82.52, Glycemic Load: 10.04, Inflammation Score: -10, Nutrition Score: 41.186956198319%

Flavonoids

Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 837.15kcal (41.86%), Fat: 61.87g (95.18%), Saturated Fat: 21.64g (135.25%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 24.85g (9.03%), Sugar: 19.14g (21.26%), Cholesterol: 167.56mg (55.85%), Sodium: 903.58mg (39.29%), Alcohol: 2.06g (100%), Protein: 35.75g (71.51%), Vitamin C: 202.87mg (245.91%), Vitamin A: 5382.55IU (107.65%), Vitamin B12: 3.81µg (63.44%), Vitamin B6: 1.23mg (61.42%), Zinc: 7.72mg (51.48%), Vitamin B3: 9.87mg

(49.37%), Vitamin K: 51.72µg (49.25%), Phosphorus: 474.8mg (47.48%), Vitamin E: 6.99mg (46.59%), Selenium: 31.09µg (44.42%), Potassium: 1408.97mg (40.26%), Vitamin B2: 0.65mg (38.02%), Manganese: 0.75mg (37.63%), Fiber: 9.07g (36.28%), Folate: 140µg (35%), Iron: 5.3mg (29.43%), Calcium: 236.11mg (23.61%), Vitamin B1: 0.35mg (23.11%), Magnesium: 91.37mg (22.84%), Vitamin B5: 2.24mg (22.4%), Copper: 0.32mg (16.24%), Vitamin D: 1.36µg (9.03%)