



 **38%**
HEALTH SCORE

Mighty Good Moussaka

 **Gluten Free**

READY IN



110 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon allspice
- 1 bay leaves
- 8 ounce tomato sauce canned
- 0.5 teaspoon cinnamon
- 10 mushrooms fresh sliced
- 10 mushrooms fresh sliced
- 2 tablespoons parsley dried fresh chopped
- 4 garlic clove minced

- 1 tablespoon honey
- 1 jalapeno
- 1 lb ground beef lean
- 0.3 cup plum brandy
- 1 cup curd cottage cheese 2%
- 6 tablespoons olive oil
- 1 large onion chopped finely
- 0.3 teaspoon oregano dried ()
- 6 servings bell pepper
- 6 servings bell pepper
- 0.3 cup parmesan cheese fresh grated (use imported)
- 0.3 teaspoon penzey's southwest seasoning
- 1 large tomatoes ripe cut into pieces
- 6 medium zucchini

Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Peel the zucchini and slice into 1/2-inch rounds.
- Heat a skillet and spray with the veggie oil. Quickly brown the zucchini slices on both sides, spray with oil as necessary. Arrange half the zucchini slices in an oiled 9x12x2-inch baking dish.
- Heat the olive oil in the same skillet and saut the onion and garlic until translucent.
- Add meat, stir to break up any lumps, and cook for about 5 minutes. In a saucepan heat the tomato sauce, tomato pieces, bay leaf, beau monde, honey, oregano, chili pepper and black pepper. Simmer gently for 10 minutes. Meanwhile, in a separate pan, heat a little oil and brown

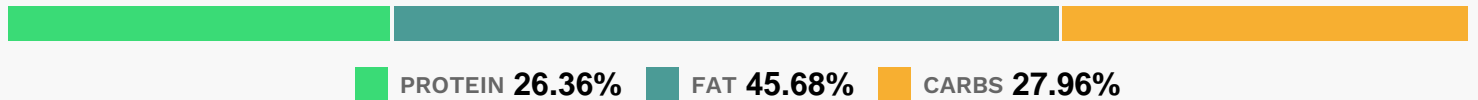
the mushrooms, then add them to the meat and mix well.

Pour all of the meat mixture over the zucchini slices. Top with cinnamon, allspice and cottage cheese. Cover with remaining zucchini slices, then the tomato sauce and wine.

Sprinkle with the cheese and bake for 1 hour in a 350F oven.

Remove from oven, sprinkle with the parsley, serve.

Nutrition Facts



Properties

Glycemic Index:70.71, Glycemic Load:6.51, Inflammation Score:-10, Nutrition Score:38.398261339768%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 30.04mg, Apigenin: 30.04mg, Apigenin: 30.04mg, Apigenin: 30.04mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 3.46mg, Isorhamnetin: 3.46mg, Isorhamnetin: 3.46mg, Isorhamnetin: 3.46mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 424.34kcal (21.22%), Fat: 22.04g (33.9%), Saturated Fat: 5.22g (32.65%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 22.69g (8.25%), Sugar: 20.45g (22.72%), Cholesterol: 56.45mg (18.82%), Sodium: 444.69mg (19.33%), Alcohol: 1.53g (100%), Alcohol %: 0.3% (100%), Protein: 28.61g (57.21%), Vitamin C: 240.18mg (291.13%), Vitamin A: 5604.67IU (112.09%), Vitamin B6: 1.27mg (63.74%), Vitamin B2: 0.83mg (49.04%), Vitamin B3: 9.68mg (48.4%), Potassium: 1613.28mg (46.09%), Phosphorus: 435.4mg (43.54%), Manganese: 0.83mg (41.49%), Vitamin E: 5.79mg (38.58%), Zinc: 5.78mg (38.55%), Folate: 150.59µg (37.65%), Vitamin K: 39.39µg (37.51%), Selenium: 25.59µg (36.56%), Vitamin B12: 1.93µg (32.11%), Fiber: 7.66g (30.62%), Vitamin B5: 2.77mg (27.74%), Copper: 0.5mg (25.19%), Iron: 4.48mg (24.9%), Magnesium: 97.17mg (24.29%), Vitamin B1: 0.3mg (20.32%), Calcium: 150.72mg (15.07%), Vitamin D: 0.26µg (1.77%)