



## Mock Moussaka

READY IN



45 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 28 ounce canned tomatoes whole undrained canned
- ☐ 1 eggplant sliced into 1/4-inch-thick rounds
- ☐ 0.5 cup feta cheese crumbled plus more for garnishing
- ☐ 1 cup parsley fresh chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pound lamb loins
- ☐ 8 mint leaves fresh
- ☐ 2 wholewheat pita breads halved

- ☐ 0.3 teaspoon pepper red
- ☐ 0.3 cup tomato paste

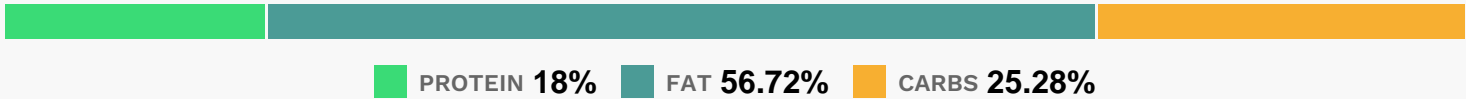
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil

## Directions

- ☐ Heat oven to 400 F.In a large skillet, over medium-high heat, cook the sausage, crumbling it with a wooden spoon, until browned, about 5 minutes. Spoon off and discard any fat.
- ☐ Add the tomatoes and their juices. Crush the tomatoes with the back of the spoon. Stir in the tomato paste, parsley, salt, and red pepper flakes and cook until the mixture has thickened slightly, about 5 minutes. Spoon a thin layer of the meat sauce into the bottom of an 8-by-11-inch baking dish or shallow 2-quart casserole. Top with half the eggplant slices, overlapping them slightly, and half the meat sauce. Repeat with the remaining eggplant and meat sauce.In a small saucepan, over medium-low heat, warm the cream and Feta, stirring frequently, until smooth.
- ☐ Drizzle the cheese mixture over the casserole. Cover with foil and bake for 30 minutes. Uncover and bake until the eggplant is tender and the top is golden, about 30 minutes more.Warm the pitas in the oven during the last 5 minutes.
- ☐ Sprinkle the casserole with the mint and the additional Feta.
- ☐ Serve with the pitas.Tip: Lamb sausage gives this dish a Greek accent, but ground beef tastes delicious, too.

## Nutrition Facts



## Properties

Glycemic Index:44.83, Glycemic Load:14.01, Inflammation Score:-9, Nutrition Score:26.549130574517%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 21.62mg, Apigenin: 21.62mg, Apigenin: 21.62mg, Apigenin: 21.62mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 440.22kcal (22.01%), Fat: 28.43g (43.74%), Saturated Fat: 14.07g (87.92%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 22.39g (8.14%), Sugar: 10.52g (11.68%), Cholesterol: 88.72mg (29.57%), Sodium: 756.08mg (32.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.3g (40.61%), Vitamin K: 178.6µg (170.09%), Vitamin B3: 7.65mg (38.27%), Vitamin C: 30.09mg (36.47%), Vitamin A: 1736.52IU (34.73%), Vitamin B12: 1.99µg (33.16%), Manganese: 0.59mg (29.68%), Potassium: 954.6mg (27.27%), Phosphorus: 267.16mg (26.72%), Vitamin B2: 0.45mg (26.32%), Selenium: 18.31µg (26.16%), Zinc: 3.82mg (25.44%), Iron: 4.46mg (24.77%), Fiber: 6.13g (24.51%), Copper: 0.48mg (23.9%), Vitamin B6: 0.46mg (23.16%), Vitamin B1: 0.3mg (20.11%), Vitamin E: 2.82mg (18.77%), Folate: 74.93µg (18.73%), Magnesium: 72.42mg (18.1%), Calcium: 176.08mg (17.61%), Vitamin B5: 1.38mg (13.8%), Vitamin D: 0.44µg (2.95%)