



HEALTH SCORE

100%

Moussaka



Very Healthy



Popular

READY IN



105 min.

SERVINGS



1

CALORIES



3971 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup butter



8 ounce tomato sauce canned



2 tablespoons parsley dried



1 eggs beaten



3 eggplants peeled cut lengthwise into 1/ slices



6 tablespoons flour all-purpose



1 clove garlic minced



0.3 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 serving ground pepper black to taste
- ☐ 1 serving ground pepper white to taste
- ☐ 0.5 teaspoon fines herbs
- ☐ 1 pound ground beef lean
- ☐ 4 cups milk
- ☐ 0.3 cup olive oil
- ☐ 2 onions chopped
- ☐ 1.5 cups parmesan cheese freshly grated
- ☐ 0.5 cup red wine
- ☐ 1 serving salt to taste

Equipment

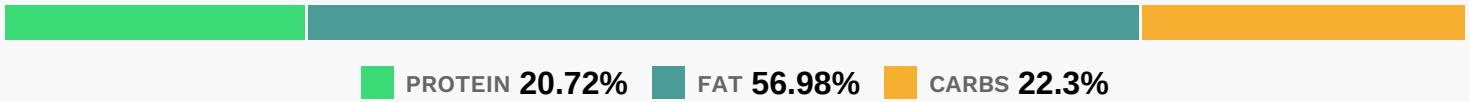
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Lay the slices of eggplant on paper towels, sprinkle lightly with salt, and set aside for 30 minutes to draw out the moisture. Then in a skillet over high heat, heat the olive oil. Quickly fry the eggplant until browned. Set aside on paper towels to drain.
- ☐ In a large skillet over medium heat, melt the butter and add the ground beef, salt and pepper to taste, onions, and garlic. After the beef is browned, sprinkle in the cinnamon, nutmeg, fines herbs and parsley.
- ☐ Pour in the tomato sauce and wine, and mix well. Simmer for 20 minutes. Allow to cool, and then stir in beaten egg.

- ☐ To make the bechamel sauce, begin by scalding the milk in a saucepan. Melt the butter in a large skillet over medium heat.
- ☐ Whisk in flour until smooth. Lower heat; gradually pour in the hot milk, whisking constantly until it thickens. Season with salt, and white pepper.
- ☐ Arrange a layer of eggplant in a greased 9x13 inch baking dish. Cover eggplant with all of the meat mixture, and then sprinkle 1/2 cup of Parmesan cheese over the meat. Cover with remaining eggplant, and sprinkle another 1/2 cup of cheese on top.
- ☐ Pour the bechamel sauce over the top, and sprinkle with the nutmeg.
- ☐ Sprinkle with the remaining cheese.
- ☐ Bake for 1 hour at 350 degrees F (175 degrees C).

Nutrition Facts



Properties

Glycemic Index:487, Glycemic Load:63.36, Inflammation Score:-10, Nutrition Score:94.29695660135%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 1179.79mg, Delphinidin: 1179.79mg, Delphinidin: 1179.79mg, Delphinidin: 1179.79mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 180.37mg, Apigenin: 180.37mg, Apigenin: 180.37mg, Apigenin: 180.37mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 24.3mg, Isorhamnetin: 24.3mg, Isorhamnetin: 24.3mg, Isorhamnetin: 24.3mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 46.51mg, Quercetin: 46.51mg, Quercetin: 46.51mg, Quercetin: 46.51mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 3970.52kcal (198.53%), Fat: 250.43g (385.27%), Saturated Fat: 119.7g (748.14%), Carbohydrates: 220.52g (73.51%), Net Carbohydrates: 168.9g (61.42%), Sugar: 114.53g (127.25%), Cholesterol: 936.55mg (312.18%), Sodium: 5418.24mg (235.58%), Alcohol: 12.72g (100%), Alcohol %: 0.43% (100%), Protein: 204.9g (409.8%), Phosphorus:

3507.35mg (350.73%), Vitamin B12: 18.04µg (300.67%), Calcium: 2905mg (290.5%), Selenium: 187.77µg (268.24%), Zinc: 38.11mg (254.04%), Manganese: 5.05mg (252.39%), Vitamin B2: 3.91mg (230.05%), Potassium: 7865.96mg (224.74%), Vitamin B6: 4.38mg (218.95%), Fiber: 51.63g (206.51%), Vitamin B3: 40.93mg (204.63%), Vitamin K: 158.32µg (150.78%), Vitamin A: 7340.43IU (146.81%), Magnesium: 569.61mg (142.4%), Vitamin E: 21.23mg (141.51%), Vitamin B5: 12.97mg (129.69%), Folate: 511.76µg (127.94%), Vitamin B1: 1.86mg (124.22%), Iron: 22.29mg (123.85%), Copper: 2.06mg (102.76%), Vitamin D: 12.82µg (85.46%), Vitamin C: 68.78mg (83.37%)