



Moussaka

READY IN



100 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 eggplants divided sliced lengthwise into 1/ slices 4 tablespoons canola oil,
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped for garnish
- ☐ 1 tablespoon garlic chopped
- ☐ 1 teaspoon ground cinnamon divided
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 pound ground beef lean 80 percent

- ☐ 1.5 cups milk at room temperature
- ☐ 1 medium onion chopped
- ☐ 0.3 cup parmesan grated
- ☐ 2 tablespoons butter unsalted

Equipment

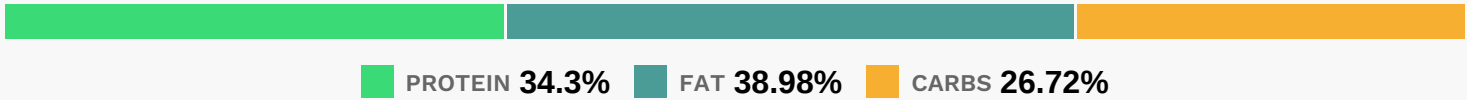
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Put the eggplant in a single layer onto 2 (9 by 17-inch) baking sheets.
- ☐ Brush both sides with 3 tablespoons canola oil and season with salt and pepper.
- ☐ Bake until browned and softened, 10 to 15 minutes.
- ☐ In a large skillet over medium-high heat, add the remaining 1 tablespoon canola oil and the onions and cook until they soften, about 3 minutes.
- ☐ Add the beef, breaking into pieces with a wooden spoon.
- ☐ Add the garlic, Italian seasoning, 1/2 teaspoon cinnamon, and salt and pepper. Stir in the tomatoes and simmer until it is thick and the flavors have combined, 20 to 25 minutes. Taste and adjust the seasoning with salt and pepper, if needed.
- ☐ In a small saucepan over medium heat, melt the butter.
- ☐ Whisk in the flour and cook for 2 minutes. Slowly whisk in the milk, season with salt and pepper, and the remaining 1/2 teaspoon cinnamon. Bring it to a simmer, and cook until it is thick, about the consistency of pancake batter.
- ☐ Put a layer of eggplant into a 9 by 9-inch baking dish.

- ☐ Spread the beef mixture evenly over the top. Put another layer of eggplant on top (reservethe remaining eggplant for Online Round 2 Recipe Eggplant Dip).
- ☐ Pour the bechamel sauce over the top and sprinkle with the cheese.
- ☐ Bake until browned and bubbling, 25 to 30 minutes.
- ☐ Remove from the oven and let rest for 10 minutes.
- ☐ Garnish with the parsley before serving.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:5.75, Inflammation Score:-7, Nutrition Score:19.486086928326%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 256.99kcal (12.85%), Fat: 11.39g (17.53%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 14.12g (5.13%), Sugar: 9.64g (10.71%), Cholesterol: 67.06mg (22.35%), Sodium: 316.95mg (13.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.11%), Vitamin B12: 2.08µg (34.68%), Vitamin K: 34.44µg (32.8%), Zinc: 4.68mg (31.18%), Vitamin B3: 6.08mg (30.4%), Phosphorus: 295.86mg (29.59%), Vitamin B6: 0.58mg (29.23%), Selenium: 17.27µg (24.67%), Potassium: 799mg (22.83%), Iron: 4.1mg (22.76%), Manganese: 0.42mg (21.12%), Calcium: 200.54mg (20.05%), Vitamin C: 15.75mg (19.09%), Vitamin B2: 0.31mg (18.47%), Copper: 0.33mg (16.32%), Vitamin E: 2.22mg (14.79%), Magnesium: 57.89mg (14.47%), Fiber: 3.45g (13.8%), Vitamin B1: 0.2mg (13.3%), Vitamin A: 658.1IU (13.16%), Vitamin B5: 1.16mg (11.6%), Folate: 33.15µg (8.29%), Vitamin D: 0.84µg (5.58%)