



Moussaka

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups yogurt plain
- 2 cups yogurt plain
- 1 pound pd of ground turkey
- 1 onion yellow cut into ¼-inch dice
- 1 clove garlic minced
- 1 teaspoon ground cinnamon
- 1 teaspoon coarse salt plus more for eggplant
- 0.3 teaspoon nutmeg

- 0.3 teaspoon pepper freshly ground
- 28 ounce canned tomatoes whole peeled coarsely chopped canned
- 0.3 cup tomato paste
- 0.3 cup oregano fresh chopped
- 0.5 cup parsley fresh chopped
- 2 pounds eggplant
- 1 ounce parmesan cheese grated
- 1 large egg whites
- 1 serving pam original flavor shopping list

Equipment

- bowl
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- sieve
- baking pan
- broiler
- slotted spoon
- colander
- cheesecloth

Directions

- Drain yogurt in a cheesecloth-lined sieve until thickened, 2 hours or overnight.
- Place turkey in a medium saucepan over medium heat; cook until browned, about 6 minutes. Using a slotted spoon, transfer to a medium bowl.

- Add onion, garlic, cinnamon, salt, nutmeg, and pepper to saucepan; cook until onion is translucent, about 10 minutes. Return turkey to saucepan with tomatoes, tomato paste, and oregano. Bring to a boil; reduce heat to medium low; simmer until sauce has thickened, about 1 hour.
- Remove from heat; stir in chopped parsley; set aside.
- Preheat broiler. While sauce cooks, cut eggplants into 1/4-inch slices.
- Sprinkle with salt on both sides.
- Place in a colander over a bowl; let stand 1 hour to drain. Discard liquid; rinse each slice under cold running water to remove all salt and juice.
- Place slices on several layers of paper towels; press out water.
- Lay dry slices on a clean baking sheet; coat with olive-oil spray; broil until browned, about 2 minutes. Turn; coat with olive-oil spray; broil until browned, about 2 minutes more. Repeat until all eggplant slices have been broiled; set cooked eggplant aside.
- Place drained yogurt in a small bowl.
- Add Parmesan and eggs.
- Whisk together briskly with a fork; set aside.
- Place a layer of eggplant on the bottom of an 8-by-8-inch baking pan. Cover with half the turkey sauce.
- Place another eggplant layer, then the remaining turkey sauce.
- Add a final eggplant layer; cover with reserved yogurt mixture.
- Bake until mixture is bubbling and top starts to brown, about 30 minutes.
- Transfer to a heat-proof surface; let sit until moussaka cools slightly and firms, about 10 minutes.
- Cut into squares; serve.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:2.57, Inflammation Score:-10, Nutrition Score:32.179999973463%

Flavonoids

Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg, Delphinidin: 129.56mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 284.91kcal (14.25%), Fat: 3.79g (5.83%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 25.5g (9.27%), Sugar: 23.34g (25.93%), Cholesterol: 48.96mg (16.32%), Sodium: 926.36mg (40.28%), Alcohol: 0g (100%), Protein: 32.75g (65.5%), Vitamin K: 105.54µg (100.51%), Vitamin B6: 1.09mg (54.52%), Phosphorus: 541.77mg (54.18%), Vitamin B3: 10mg (50%), Calcium: 476.07mg (47.61%), Potassium: 1447.42mg (41.35%), Vitamin B2: 0.67mg (39.34%), Selenium: 26.78µg (38.26%), Manganese: 0.71mg (35.75%), Vitamin C: 27.71mg (33.59%), Fiber: 7.86g (31.44%), Magnesium: 105.88mg (26.47%), Zinc: 3.77mg (25.14%), Vitamin B12: 1.45µg (24.18%), Vitamin B5: 2.4mg (24.01%), Folate: 87.24µg (21.81%), Iron: 3.85mg (21.37%), Vitamin B1: 0.27mg (17.97%), Copper: 0.36mg (17.86%), Vitamin A: 884.4IU (17.69%), Vitamin E: 2.32mg (15.43%), Vitamin D: 0.33µg (2.17%)