



 **12%**  
HEALTH SCORE

## Moussaka

READY IN



250 min.

SERVINGS



12

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup butter
- 2 tablespoons butter
- 1 teaspoon cinnamon
- 1 cup breadcrumbs dry
- 0.8 cup wine dry red
- 3 lbs eggplant
- 4 eggs beaten
- 6 tablespoons flour
- 1 tablespoon garlic finely chopped

- 4 cups milk
- 2 cups mushrooms minced (if you insist upon using meat substitute 1 lb beef/lamb)
- 2 cups mushrooms minced (if you insist upon using meat substitute 1 lb beef/lamb)
- 0.1 teaspoon nutmeg
- 2 tablespoons olive oil
- 12 servings olive oil
- 2 large onion
- 1 tablespoon oregano
- 0.5 cup parsley chopped
- 2 cups ricotta cheese
- 1 teaspoon sugar
- 3 tablespoons tomato paste
- 3 tomatoes pureed peeled
- 0.3 teaspoon pepper white
- 2 cups parmesan

## Equipment

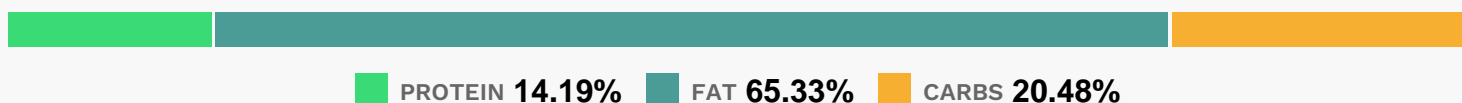
- food processor
- frying pan
- sauce pan
- oven
- whisk
- blender
- baking pan

## Directions

- First make the tomato sauce: peel and mince onions.
- Saute onions in 2 Tbsp oil and 2 Tbsp butter, over moderate heat, until they are soft and lightly colored (about 8 minutes).

- Add mushrooms and saute. Stir in tomatoes, tomato paste, wine, parsley, seasonings and sugar. Reduce heat to low and simmer uncovered, for 30–45 minutes, stirring occasionally, until most of the liquid has evaporated, and the mixture is quite thick.
- Remove skillet from heat and let it cool completely. Start seasoning the eggplants: peel eggplants and slice vertically, 1/8 to 1/4 inch thick.
- Sprinkle lightly with salt and let sit for 30 minutes. Now make the Bechamel Sauce. NOTE: The Bechamel–egg–ricotta mixture will overflow all but the largest (professional size) food processors. Use a mixer or blend by hand.
- Place the milk in a saucepan, and heat it just until tiny bubbles appear along the edges.
- Remove and set aside. Melt the butter in 3–quart saucepan over very low heat until foamy, being careful not to brown. Slowly add the 6 Tbsp flour, stirring constantly until smooth (3–4 minutes), and still being careful not to let it brown.
- Add the milk slowly, whipping with a wire whisk. When the mixture is thick and smooth, remove it from the heat and stir in seasonings. Stir ricotta cheese until it is smooth and creamy. Gently fold it into the Bechamel sauce. Stir in beaten eggs until thoroughly incorporated. Back to the eggplant: Rinse well with cold water; squeeze gently and pat dry. Dredge the eggplant in 1 1/2 cups flour, and saute each in olive oil until it is brown on both sides.
- Remove and discard any excess oil that has risen to the top of the tomato mixture. Lightly grease a 16x10 baking pan that is at least 3 inches deep, and sprinkle the bottom with a few breadcrumbs.
- Place a layer of eggplant in the pan, following with a layer of tomato mixture.
- Sprinkle with breadcrumbs and grated cheese. Repeat as many times as you have eggplant to last.
- Pour the Bechamel–ricotta sauce over the top and bake at 300 deg. F for one hour, or until a golden–brown crust has formed on top.
- Remove moussaka from oven and let it stand undisturbed 20–30 minutes; the delay allows the layers to fuse.

## Nutrition Facts



## Properties

Glycemic Index:56.92, Glycemic Load:6.64, Inflammation Score:-9, Nutrition Score:22.559130502784%

## Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 97.8mg, Delphinidin: 97.8mg, Delphinidin: 97.8mg, Delphinidin: 97.8mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg

## Nutrients (% of daily need)

Calories: 556.74kcal (27.84%), Fat: 40.55g (62.38%), Saturated Fat: 16.66g (104.12%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 23.04g (8.38%), Sugar: 12.17g (13.52%), Cholesterol: 122.09mg (40.7%), Sodium: 535.2mg (23.27%), Alcohol: 1.58g (100%), Protein: 19.81g (39.63%), Vitamin K: 62.9µg (59.9%), Calcium: 445.74mg (44.57%), Phosphorus: 389.89mg (38.99%), Vitamin B2: 0.57mg (33.46%), Selenium: 23.23µg (33.18%), Vitamin A: 1381.72IU (27.63%), Manganese: 0.55mg (27.32%), Vitamin E: 3.7mg (24.65%), Fiber: 5.56g (22.25%), Potassium: 759.6mg (21.7%), Folate: 74.93µg (18.73%), Vitamin B1: 0.28mg (18.67%), Vitamin C: 13.66mg (16.56%), Vitamin B5: 1.65mg (16.51%), Vitamin B3: 3.29mg (16.47%), Vitamin B6: 0.33mg (16.37%), Vitamin B12: 0.97µg (16.24%), Copper: 0.3mg (14.97%), Magnesium: 57.37mg (14.34%), Zinc: 2.15mg (14.3%), Iron: 2.27mg (12.6%), Vitamin D: 1.42µg (9.45%)