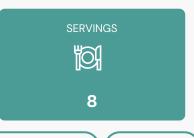


Moussaka







LUNCH MAIN COURSE

RSE) (MA

MAIN DISH

DINNER

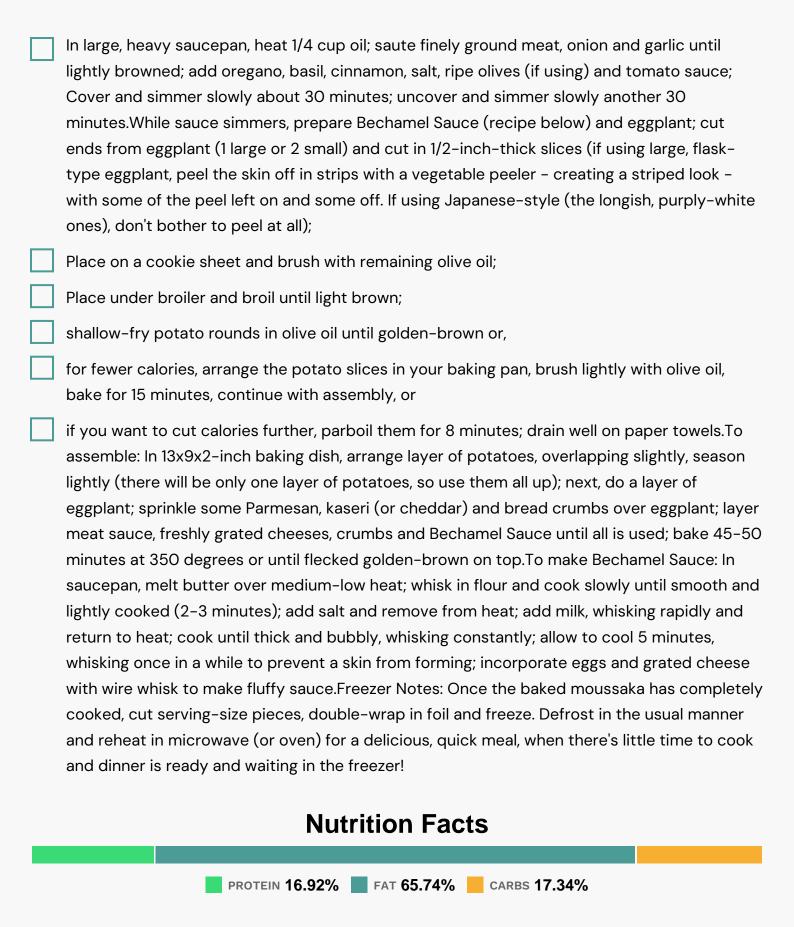
Ingredients

0.3 cup butter
0.5 cup cheese grated (use Parmesan if unavailable)
2 teaspoons basil dried
2 lbs eggplant
2 eggs slightly beaten
2 tablespoons flour

- 2 garlic clove minced
- 1 teaspoon ground cinnamon
- 2 lbs ground beef

	2 cups milk hot
	0.3 cup olive oil
	8 servings olive oil
	0.8 cup olives ripe chopped
	2 large onion finely chopped
	1 teaspoon oregano dried
	1 cup parmesan
	2 potatoes cut into 1/ rounds or long slices, enough to cover bottom of baking pan in 1 layer)
	0.3 teaspoon salt
	1 teaspoon salt
	8 servings salt
	1 cup seasoned bread crumbs
	15 ounces tomato sauce
	1 cup cheddar cheese white
Equipment	
	baking sheet
	paper towels
	sauce pan
	oven
	whisk
	baking pan
	aluminum foil
	broiler
	microwave
	peeler

Directions



Properties

Glycemic Index:58.72, Glycemic Load:11.92, Inflammation Score:-8, Nutrition Score:32.037391206493%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Luteolin: 0.1mg, Luteolin: 0.1mg,

Nutrients (% of daily need)

Calories: 892.81kcal (44.64%), Fat: 65.87g (101.33%), Saturated Fat: 23.38g (146.11%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 31.52g (11.46%), Sugar: 12.01g (13.35%), Cholesterol: 173.84mg (57.95%), Sodium: 1713.97mg (74.52%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 38.14g (76.28%), Phosphorus: 562.29mg (56.23%), Vitamin B12: 3.29µg (54.89%), Selenium: 36.02µg (51.46%), Calcium: 481.93mg (48.19%), Zinc: 7.05mg (46.99%), Vitamin B6: 0.84mg (42.19%), Vitamin B3: 7.88mg (39.39%), Vitamin E: 5.67mg (37.8%), Vitamin B2: 0.62mg (36.53%), Manganese: 0.73mg (36.31%), Potassium: 1194.96mg (34.14%), Vitamin K: 35.6µg (33.9%), Fiber: 7.56g (30.24%), Iron: 5.15mg (28.63%), Vitamin B1: 0.38mg (25.28%), Vitamin C: 20.14mg (24.41%), Magnesium: 90.64mg (22.66%), Folate: 87.09µg (21.77%), Vitamin A: 989.08IU (19.78%), Vitamin B5: 1.92mg (19.18%), Copper: 0.38mg (18.93%), Vitamin D: 1.19µg (7.96%)