



 **23%**
HEALTH SCORE

Moussaka

READY IN



140 min.

SERVINGS



8

CALORIES



893 kcal

LUNCH

MAIN COURSE

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

- In large, heavy saucepan, heat 1/4 cup oil; saute finely ground meat, onion and garlic until lightly browned; add oregano, basil, cinnamon, salt, ripe olives (if using) and tomato sauce; Cover and simmer slowly about 30 minutes; uncover and simmer slowly another 30 minutes. While sauce simmers, prepare Bechamel Sauce (recipe below) and eggplant; cut ends from eggplant (1 large or 2 small) and cut in 1/2-inch-thick slices (if using large, flask-type eggplant, peel the skin off in strips with a vegetable peeler – creating a striped look – with some of the peel left on and some off. If using Japanese-style (the longish, purply-white ones), don't bother to peel at all);
- Place on a cookie sheet and brush with remaining olive oil;
- Place under broiler and broil until light brown;
- shallow-fry potato rounds in olive oil until golden-brown or,
- for fewer calories, arrange the potato slices in your baking pan, brush lightly with olive oil, bake for 15 minutes, continue with assembly, or
- if you want to cut calories further, parboil them for 8 minutes; drain well on paper towels. To assemble: In 13x9x2-inch baking dish, arrange layer of potatoes, overlapping slightly, season lightly (there will be only one layer of potatoes, so use them all up); next, do a layer of eggplant; sprinkle some Parmesan, kaseri (or cheddar) and bread crumbs over eggplant; layer meat sauce, freshly grated cheeses, crumbs and Bechamel Sauce until all is used; bake 45–50 minutes at 350 degrees or until flecked golden-brown on top. To make Bechamel Sauce: In saucepan, melt butter over medium-low heat; whisk in flour and cook slowly until smooth and lightly cooked (2–3 minutes); add salt and remove from heat; add milk, whisking rapidly and return to heat; cook until thick and bubbly, whisking constantly; allow to cool 5 minutes, whisking once in a while to prevent a skin from forming; incorporate eggs and grated cheese with wire whisk to make fluffy sauce. Freezer Notes: Once the baked moussaka has completely cooked, cut serving-size pieces, double-wrap in foil and freeze. Defrost in the usual manner and reheat in microwave (or oven) for a delicious, quick meal, when there's little time to cook and dinner is ready and waiting in the freezer!

Nutrition Facts

PROTEIN 16.92%

FAT 65.74%

CARBS 17.34%

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 Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

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: 0g (100%), Alcohol %: 0% (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%)