



## Moussaka

READY IN



70 min.

SERVINGS



6

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 10.8 ounce cream of mushroom soup reduced-fat reduced-sodium canned
- ☐ 2 tablespoons breadcrumbs dry fine
- ☐ 1.5 pound eggplant
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 pound ground lamb lean (or ground round)
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper
- ☐ 27.5 ounce pasta sauce fat-free with mushrooms
- ☐ 0.3 cup water

# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ baking pan

# Directions

- ☐ Peel eggplants, and cut crosswise into 1/4-inch-thick slices.
- ☐ Place on a large baking sheet coated with cooking spray. Coat slices with cooking spray.
- ☐ Bake at 375 for 25 minutes or until eggplant is tender and lightly browned, turning once.
- ☐ Let cool slightly.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add meat, and cook until browned, stirring until it crumbles.
- ☐ Drain and pat dry with paper towels. Wipe drippings from skillet with a paper towel.
- ☐ Return meat to skillet; add spaghetti sauce, cinnamon, and pepper. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes or until meat mixture is thickened, stirring occasionally.
- ☐ Coat an 11- x 7- x 1 1/2-inch baking dish with cooking spray; place half of eggplant slices in dish; top with half of meat mixture. Repeat layers with remaining eggplant slices and remaining meat mixture.
- ☐ Combine soup and water in a medium bowl, stirring until smooth; pour over meat mixture.
- ☐ Combine breadcrumbs and cheese in a small bowl.
- ☐ Sprinkle crumb mixture over soup mixture.
- ☐ Bake, uncovered, at 375 for 25 minutes or until browned and bubbly.

# Nutrition Facts



 PROTEIN 24%  FAT 51.68%  CARBS 24.32%

Properties

Glycemic Index:18.67, Glycemic Load:3.23, Inflammation Score:-6, Nutrition Score:11.500869592733%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 304.72kcal (15.24%), Fat: 18.12g (27.88%), Saturated Fat: 8.51g (53.17%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 13.37g (4.86%), Sugar: 8.84g (9.83%), Cholesterol: 59.18mg (19.73%), Sodium: 1090.78mg (47.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.93g (37.87%), Manganese: 0.67mg (33.3%), Fiber: 5.82g (23.29%), Potassium: 722.84mg (20.65%), Copper: 0.36mg (17.87%), Iron: 3.14mg (17.46%), Vitamin E: 2.23mg (14.88%), Vitamin C: 11.6mg (14.06%), Vitamin B3: 2.71mg (13.55%), Vitamin B6: 0.25mg (12.47%), Vitamin A: 605.01IU (12.1%), Folate: 43.91µg (10.98%), Magnesium: 41.55mg (10.39%), Vitamin B2: 0.18mg (10.38%), Phosphorus: 93.57mg (9.36%), Vitamin B5: 0.84mg (8.44%), Vitamin B1: 0.12mg (7.9%), Vitamin K: 8.23µg (7.84%), Zinc: 1.16mg (7.71%), Calcium: 62.54mg (6.25%), Selenium: 2.56µg (3.66%), Vitamin B12: 0.12µg (1.92%)