



Moussaka Burgers

 Popular

READY IN



55 min.

SERVINGS



4

CALORIES



772 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 2 tablespoons butter
- ☐ 0.1 teaspoon cayenne
- ☐ 0.3 teaspoon cinnamon
- ☐ 4 slices eggplant
- ☐ 2 tablespoons flour
- ☐ 2 cloves garlic chopped
- ☐ 1.3 pounds ground beef

- ☐ 1 cup milk
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion grated
- ☐ 1 teaspoon oregano
- ☐ 0.5 cup parmigiano reggiano grated (parmsan)
- ☐ 4 servings salt and pepper to taste
- ☐ 4 buns
- ☐ 2 cups tomatoes fresh pureed canned (or)

Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat the oil in a pan over medium heat, add the onion and cook until tender, about 5–7 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Add the pureed tomato, oregano, cinnamon, allspice, salt and pepper and simmer until it thickens, about 5 minutes.For the bechamel cheese sauce:Melt the butter in a pan over medium heat and cook until it turns a light golden brown, about 2–3 minutes.
- ☐ Add the flour and simmer until it turns a light golden brown, about 2–3 minutes.
- ☐ Add the milk and simmer until it thickens, about 5 minutes.
- ☐ Mix the meat, onion, cinnamon, allspice, salt and pepper, form patties and grill or pan-fry over medium–high heat (or broil) until cooked, about 3–5 minutes per side.
- ☐ Brush the eggplant with oil and grill or pan-fry over medium–high heat (or broil) until tender, about 5 minutes.Lightly toast the buns, assemble the burgers with the eggplant, patties, tomato sauce and cheese sauce and enjoy!

Nutrition Facts



Properties

Glycemic Index:128.75, Glycemic Load:29.46, Inflammation Score:-8, Nutrition Score:27.588695857836%

Flavonoids

Delphinidin: 35.99mg, Delphinidin: 35.99mg, Delphinidin: 35.99mg, Delphinidin: 35.99mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 771.93kcal (38.6%), Fat: 45.47g (69.95%), Saturated Fat: 18.26g (114.14%), Carbohydrates: 51.99g (17.33%), Net Carbohydrates: 46.71g (16.99%), Sugar: 14.69g (16.32%), Cholesterol: 131.51mg (43.84%), Sodium: 1011.35mg (43.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.32g (78.65%), Iron: 15.63mg (86.82%), Vitamin B12: 3.52µg (58.74%), Zinc: 7mg (46.68%), Phosphorus: 433.46mg (43.35%), Vitamin B3: 8.12mg (40.61%), Selenium: 27.73µg (39.61%), Vitamin B6: 0.76mg (38.15%), Calcium: 317.65mg (31.77%), Potassium: 972.65mg (27.79%), Vitamin B2: 0.44mg (26.04%), Manganese: 0.46mg (22.87%), Fiber: 5.28g (21.1%), Vitamin E: 3.06mg (20.42%), Copper: 0.37mg (18.31%), Magnesium: 71.26mg (17.81%), Vitamin B1: 0.25mg (16.41%), Vitamin C: 13.38mg (16.22%), Vitamin K: 16.7µg (15.91%), Vitamin B5: 1.5mg (15.01%), Vitamin A: 677.2IU (13.54%), Folate: 46.18µg (11.55%), Vitamin D: 0.88µg (5.83%)