



Moussaka: Eggplant Casserole

READY IN



170 min.

SERVINGS



12

CALORIES



325 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 4 tablespoons butter
- ☐ 4 ounces kefalotyri cheese grated
- ☐ 1 pinch cinnamon
- ☐ 4 ounces cooking wine dry white
- ☐ 3 medium eggplants
- ☐ 4 tablespoons flour
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 12 ounces ground beef
- ☐ 12 servings kosher salt
- ☐ 2 cups milk
- ☐ 1 pinch nutmeg
- ☐ 4 ounces olive oil
- ☐ 2 onions finely chopped
- ☐ 12 servings salt and pepper black freshly ground
- ☐ 2 tablespoons tomato paste
- ☐ 4 ounces water

Equipment

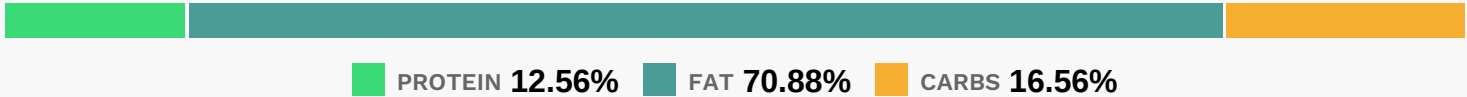
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ For the eggplant: Wash eggplant and cut off both ends. Peel 1/2-inch strips of peel from the eggplant, making stripes of skin. Slice crosswise into 1/3-inch rounds. Salt and pepper both sides and let stand for 30 minutes. Rinse and dry.
- ☐ Heat the oil in a large saute pan, and fry the eggplant on both sides, until golden brown.
- ☐ Drain well on paper towels.
- ☐ Preheat oven to 350 degrees F.
- ☐ Heat the butter in a large skillet.
- ☐ Add the onions and cook until tender, 3 to 4 minutes.
- ☐ Add the beef and cook until brown, about 6 minutes.
- ☐ Add the wine and reduce until it is almost dry.

- ☐ Add in tomato paste, water, parsley, salt, pepper, and cinnamon. Simmer for 30 minutes, remove from heat and cool.
- ☐ For the bechamel: In a medium saucepan, melt the butter. Blend in the flour, and gradually stir in the milk. Cook, stirring, until thick and smooth.
- ☐ Add in the nutmeg, salt and pepper. Cool.
- ☐ Add 4 ounces of cheese and blend well. For the assembly: Butter a 9 by 12 by 2-inch baking dish. Arrange half of the eggplant and half of the meat mixture, alternately, until completely used. Cover with the bechamel sauce, and the remaining cheese.
- ☐ Place in the oven and bake for 40 minutes.
- ☐ Remove to a rack and let cool for 20 minutes.
- ☐ Cut into 3-inch squares and serve warm.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:3.8, Inflammation Score:-6, Nutrition Score:11.296521777692%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 324.9kcal (16.25%), Fat: 25.61g (39.41%), Saturated Fat: 9.73g (60.79%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 9.44g (3.43%), Sugar: 7.26g (8.07%), Cholesterol: 49.51mg (16.5%), Sodium: 360.75mg (15.68%), Alcohol: 0.97g (100%), Alcohol %: 0.49% (100%), Protein: 10.21g (20.43%), Vitamin K: 22.73µg (21.65%), Manganese: 0.36mg (18.16%), Phosphorus: 171.13mg (17.11%), Fiber: 4.02g (16.09%), Vitamin B12: 0.94µg (15.64%), Vitamin E: 2.2mg (14.68%), Calcium: 142.94mg (14.29%), Potassium: 478.75mg (13.68%), Zinc: 1.98mg (13.19%), Selenium: 9.22µg (13.17%), Vitamin B6: 0.25mg (12.71%), Vitamin B2: 0.21mg (12.26%), Vitamin B3: 2.27mg (11.33%),

Folate: 38.95µg (9.74%), Vitamin A: 460.25IU (9.21%), Magnesium: 33.81mg (8.45%), Vitamin B1: 0.11mg (7.59%), Vitamin B5: 0.71mg (7.1%), Copper: 0.14mg (7.03%), Iron: 1.21mg (6.71%), Vitamin C: 5.35mg (6.48%), Vitamin D: 0.53µg (3.55%)