



Moussaka Patty Melt

 Popular

READY IN



35 min.

SERVINGS



4

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 8 slices bread
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 small eggplant sliced
- ☐ 2 tablespoons flour
- ☐ 2 cloves garlic chopped
- ☐ 1 pound ground beef

- ☐ 0.5 cup gruyere cheese grated
- ☐ 1 cup milk
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon oil
- ☐ 0.5 tablespoon olive oil
- ☐ 0.3 cup onion grated
- ☐ 0.5 teaspoon oregano
- ☐ 4 servings salt to taste
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup tomatoes fresh pureed canned (or)

Equipment

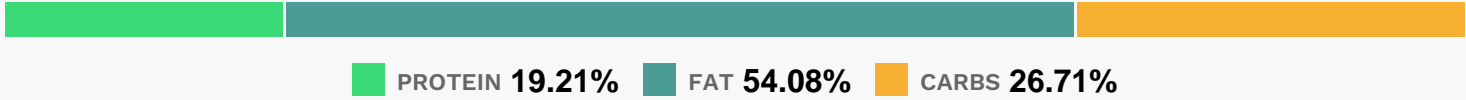
- ☐ frying pan
- ☐ grill

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.
- ☐ Mix the meat, onion, cinnamon, allspice, salt and pepper, form relatively thin patties and pan-fry over medium-high heat 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. Butter one side of each slice of bread, sprinkle half of the cheese onto the unbuttered side of half of the slices of bread followed by the patties, eggplant, 2 tablespoons tomato sauce (per sandwich), the remaining cheese and finally top with the remaining slice of bread with the buttered side up. Grill over medium heat until golden brown and the cheese has melted, about 2-3 minutes per side. 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.
- ☐
- Add the cheese and let it melt.Season with nutmeg, cayenne, salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:125.17, Glycemic Load:20.33, Inflammation Score:-9, Nutrition Score:30.261304419974%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg 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: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 692.86kcal (34.64%), Fat: 42.07g (64.72%), Saturated Fat: 16.34g (102.15%), Carbohydrates: 46.75g (15.58%), Net Carbohydrates: 38.86g (14.13%), Sugar: 13.7g (15.22%), Cholesterol: 113.94mg (37.98%), Sodium: 774.32mg (33.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.62g (67.23%), Manganese: 1.21mg (60.38%), Selenium: 39.18µg (55.98%), Vitamin B12: 3.09µg (51.45%), Vitamin B3: 9.92mg (49.62%), Zinc: 6.46mg (43.05%), Phosphorus: 427.06mg (42.71%), Vitamin B6: 0.74mg (37.12%), Vitamin B2: 0.55mg (32.45%), Iron: 5.83mg (32.4%), Fiber: 7.9g (31.59%), Vitamin B1: 0.45mg (30.15%), Potassium: 998.82mg (28.54%), Calcium: 283.67mg (28.37%), Vitamin A: 1363.88IU (27.28%), Folate: 101.45µg (25.36%), Vitamin E: 3.41mg (22.7%), Magnesium: 87.02mg (21.76%), Copper: 0.38mg (19.15%), Vitamin K: 19.82µg (18.88%), Vitamin B5: 1.81mg (18.14%), Vitamin C: 11mg (13.33%), Vitamin D: 0.84µg (5.6%)