



## Moussaka With Eggplant and Peppers and Yogurt Béchamel

READY IN



45 min.

SERVINGS



8

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound baking potato peeled cut into 1/4-inch-thick slices
- ☐ 0.3 teaspoon pepper black divided
- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.5 cup currants dried
- ☐ 0.3 cup cooking wine dry red
- ☐ 2 large egg yolks
- ☐ 1.5 pound eggplant
- ☐ 0.3 cup flour all-purpose

- ☐ 3 large bell peppers green
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.8 teaspoons kosher salt divided
- ☐ 1 pound lamb lean
- ☐ 1.5 cups milk 1% low-fat
- ☐ 1 Dash nutmeg
- ☐ 3 tablespoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 2 teaspoons dash of pepper red crushed
- ☐ 3 ounces romano cheese extra-sharp grated
- ☐ 1 pound tomatoes peeled chopped
- ☐ 32 ounce carton yogurt plain low-fat

## Equipment

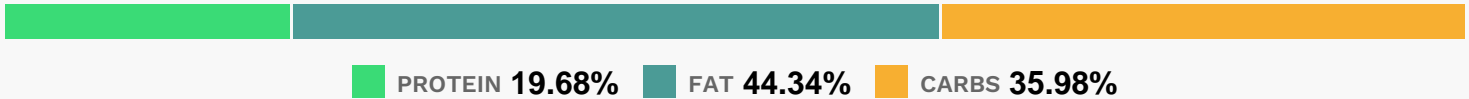
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ spatula
- ☐ measuring cup
- ☐ broiler pan

## Directions

- ☐ Place eggplant in a large bowl; sprinkle with 1 teaspoon salt.
- ☐ Let stand 30 minutes. Rinse and drain; pat dry with paper towels.
- ☐ Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 10 minutes.
- ☐ Scrape into a bowl using a rubber spatula; cover and refrigerate.
- ☐ Preheat broiler.
- ☐ Place half the eggplant slices on a broiler pan coated with cooking spray; broil 6 minutes on each side or until lightly browned. Repeat procedure with the remaining eggplant.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a broiler pan; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes; peel.
- ☐ Place the potato slices on a broiler pan coated with cooking spray; broil 7 minutes per side or until golden on both sides.
- ☐ Arrange potato slices in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Top with eggplant slices. Arrange bell pepper halves over eggplant.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add lamb; saut 5 minutes or until browned, stirring to crumble.
- ☐ Drain well; return to pan.
- ☐ Add onion; saut 5 minutes. Stir in tomato and next 5 ingredients (tomato through cinnamon stick); bring to a boil. Reduce heat, and simmer 8 minutes.
- ☐ Sprinkle with 1/2 teaspoon salt and 1/8 teaspoon black pepper; discard cinnamon stick. Spoon over bell pepper halves.
- ☐ Preheat oven to 40
- ☐ Lightly spoon the flour into a dry measuring cup, and level with a knife.
- ☐ Combine the olive oil and flour in a large saucepan over medium heat, stirring with a whisk. Cook for 3 minutes, stirring frequently.

- ☐ Combine the drained yogurt and milk.
- ☐ Add the yogurt mixture to flour mixture, stirring continuously; cook until thick (do not boil).
- ☐ Remove from heat; stir in 3/4 cup cheese, 1/4 teaspoon salt, 1/8 teaspoon black pepper, dash of nutmeg, and egg yolks.
- ☐ Spoon the sauce over the lamb mixture; spreading carefully, run a knife around outside edge to allow sauce to run into dish (dish will be very full).
- ☐ Place on a foil-lined baking sheet.
- ☐ Bake at 400 for 45 minutes or until golden brown and bubbly.
- ☐ Let stand 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:56.97, Glycemic Load:13.5, Inflammation Score:-8, Nutrition Score:22.714782756308%

## Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 73.3mg, Delphinidin: 73.3mg, Delphinidin: 73.3mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

## Nutrients (% of daily need)

Calories: 490.76kcal (24.54%), Fat: 24.52g (37.73%), Saturated Fat: 10.36g (64.77%), Carbohydrates: 44.77g (14.92%), Net Carbohydrates: 38.39g (13.96%), Sugar: 23.4g (26.01%), Cholesterol: 106.94mg (35.65%), Sodium: 821.56mg (35.72%), Alcohol: 1.05g (100%), Alcohol %: 0.24% (100%), Protein: 24.49g (48.98%), Vitamin C: 63.4mg (76.85%), Calcium: 410.2mg (41.02%), Phosphorus: 372.91mg (37.29%), Vitamin B6: 0.65mg (32.4%), Potassium: 1125.13mg (32.15%), Manganese: 0.62mg (31.07%), Vitamin B2: 0.52mg (30.46%), Fiber: 6.37g (25.49%), Vitamin B1: 0.29mg (19.12%), Magnesium: 73.57mg (18.39%), Vitamin B12: 1.1µg (18.34%), Folate: 73.2µg (18.3%), Selenium: 12.26µg (17.51%), Iron: 3.05mg (16.93%), Vitamin B5: 1.6mg (16.03%), Vitamin A: 783.63IU (15.67%), Zinc: 2.29mg (15.3%), Vitamin K: 15.1µg (14.39%), Copper: 0.28mg (14.14%), Vitamin E: 2.08mg (13.88%), Vitamin B3: 2.5mg

(12.51%), Vitamin D: 0.78µg (5.2%)