



Must-make moussaka



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g pack beef lean minced
- ☐ 1 large aubergine
- ☐ 150 g pot greek yogurt 0%
- ☐ 1 eggs beaten
- ☐ 3 tbsp parmesan finely grated
- ☐ 400 g tomatoes with garlic and herbs chopped canned
- ☐ 4 tbsp sun-dried tomato purée
- ☐ 400 g potatoes leftover boiled uncooked (or 350g 12oz weight)

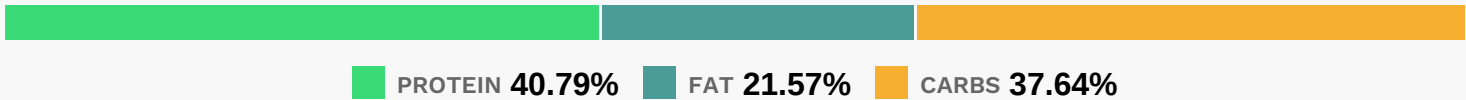
Equipment

- ☐ frying pan
- ☐ grill
- ☐ microwave

Directions

- ☐ Heat the grill to high. Brown the beef in a deep ovenproof frying pan over a high heat for 5 mins. Meanwhile, prick the aubergine with a fork, then microwave on High for 3–5 mins until soft.
- ☐ Mix the yogurt, egg and parmesan together, then add a little seasoning.
- ☐ Stir the tomatoes, pure and potatoes in with the beef with some seasoning and heat through. Smooth the surface of the beef mixture with the back of a spoon, then slice the cooked aubergine and arrange on top.
- ☐ Pour the yogurt mixture over the aubergines, smooth out evenly, then grill until the topping has set and turned golden.

Nutrition Facts



Properties

Glycemic Index:52.19, Glycemic Load:16.51, Inflammation Score:-7, Nutrition Score:30.004347676816%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 375.08kcal (18.75%), Fat: 9.13g (14.04%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 35.85g (11.95%), Net Carbohydrates: 27.7g (10.07%), Sugar: 12.4g (13.78%), Cholesterol: 122.85mg (40.95%), Sodium: 317.33mg (13.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.84g (77.68%), Vitamin B6: 1.09mg (54.69%), Vitamin B12: 3.21µg (53.42%), Vitamin B3: 10.44mg (52.18%), Zinc: 7.65mg (50.99%), Phosphorus: 480.58mg (48.06%), Potassium: 1651.71mg (47.19%), Selenium: 31.2µg (44.57%), Vitamin C: 33.38mg (40.46%), Manganese: 0.71mg (35.68%), Iron: 6.02mg (33.46%), Fiber: 8.15g (32.6%), Vitamin B2: 0.52mg (30.6%), Copper: 0.57mg (28.32%),

Magnesium: 103.32mg (25.83%), Vitamin B5: 2.11mg (21.12%), Vitamin B1: 0.29mg (19.43%), Folate: 71.9µg (17.97%), Calcium: 165.24mg (16.52%), Vitamin E: 2.08mg (13.88%), Vitamin K: 13.83µg (13.17%), Vitamin A: 377.22IU (7.54%), Vitamin D: 0.36µg (2.42%)