



Pastitsio

READY IN



370 min.

SERVINGS



15

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter melted
- 4 eggs well beaten
- 1 tablespoon flour all-purpose
- 2 tablespoons ground allspice
- 1 teaspoon ground cinnamon
- 15 servings ground nutmeg to taste
- 0.8 cup half-and-half
- 3 pounds ground beef lean
- 1 pound macaroni uncooked

- 1 onion chopped
- 1 cup parmesan cheese grated
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 6 ounce tomato paste canned
- 0.8 cup water

Equipment

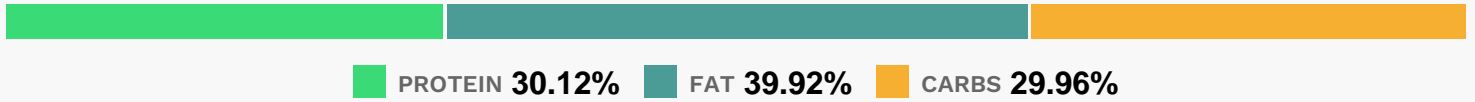
- frying pan
- oven
- whisk
- pot
- baking pan
- aluminum foil

Directions

- Melt 1 tablespoon of butter in a large skillet over medium-high heat. Stir in onion and cook until it begins to soften, about 3 minutes. Stir in the ground beef, and cook until crumbly and no longer pink.
- Pour in the water and tomato paste. Season with salt, pepper, allspice, nutmeg, and cinnamon; cover, and simmer for 5 minutes.
- Remove from heat, adjust salt to taste, then refrigerate until cold. Once cold, remove any congealed fat, and thoroughly mix with 2 beaten eggs, and set aside.
- Preheat oven to 400 degrees F (200 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add macaroni and cook for 8 to 10 minutes or until al dente; drain, and rinse under cold water to cool.
- Mix the macaroni in 2 beaten eggs until well coated.
- Evenly spread half of the macaroni mixture into a 11x14x2 inch baking pan, sprinkle with 1/2 cup of the grated parmesan cheese, and drizzle with 1/2 cup of melted butter.

- Spread the meat mixture ovetop, then finish with the remaining macaroni.
- Sprinkle the macaroni with another 1/2 cup of Parmesan cheese, and drizzle with 1/2 cup of melted butter.
- Whisk together 4 beaten eggs with the half-and-half, 1 cup of Parmesan cheese, flour, and salt; whisk until well blended.
- Pour the cream mixture evenly over top of the pastitsio, and sprinkle with nutmeg.
- Cover the pan with foil, and bake in the preheated oven for 15 minutes.
- Remove the foil, and bake until the top has turned golden brown, about 30 minutes.
- Remove from oven, and allow to stand for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:1.13, Inflammation Score:-4, Nutrition Score:16.225217394207%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 372.82kcal (18.64%), Fat: 16.35g (25.15%), Saturated Fat: 8.81g (55.09%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 25.61g (9.31%), Sugar: 2.74g (3.05%), Cholesterol: 126.2mg (42.07%), Sodium: 345.39mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.75g (55.51%), Selenium: 41.63µg (59.47%), Vitamin B12: 2.26µg (37.71%), Zinc: 5.64mg (37.6%), Phosphorus: 327.18mg (32.72%), Vitamin B3: 5.76mg (28.78%), Vitamin B6: 0.46mg (23.07%), Manganese: 0.44mg (21.92%), Iron: 3.11mg (17.3%), Vitamin B2: 0.28mg (16.41%), Potassium: 488.42mg (13.95%), Magnesium: 49.2mg (12.3%), Calcium: 111.25mg (11.13%), Copper: 0.22mg (11.08%), Vitamin B5: 1mg (10.01%), Fiber: 1.99g (7.96%), Vitamin A: 384.41IU (7.69%), Vitamin B1: 0.1mg (6.57%), Folate: 22.09µg (5.52%), Vitamin E: 0.8mg (5.31%), Vitamin C: 2.07mg (2.51%), Vitamin D: 0.36µg (2.39%), Vitamin K: 1.87µg (1.78%)