



Pastitsio

READY IN



120 min.

SERVINGS



10

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons breadcrumbs
- ☐ 15 ounce tomato sauce canned
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cups percent greek yogurt plain
- ☐ 1 pound ground beef (or a combination)
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 10 servings kosher salt
- ☐ 1 pinch nutmeg freshly grated
- ☐ 2 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 1 onion chopped
- ☐ 6 ounces parmesan cheese grated
- ☐ 10 servings pepper freshly ground
- ☐ 4 tablespoons butter unsalted
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 pound ziti

Equipment

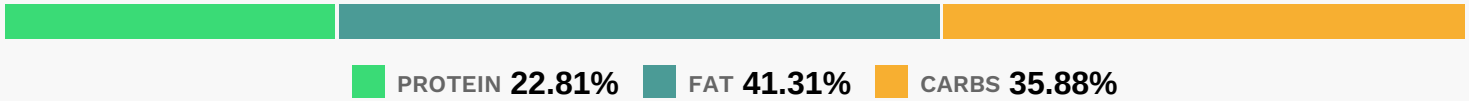
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 350 degrees F. Bring a large pot of salted water to a boil.
- ☐ Heat the olive oil in a large skillet over medium-high heat.
- ☐ Add the meat and cook, breaking it up with a wooden spoon, until browned, about 5 minutes.
- ☐ Add the onion and cinnamon and cook until the onion is soft, about 5 more minutes.
- ☐ Add the Worcestershire sauce and wine and cook until the wine starts to evaporate, about 2 more minutes.
- ☐ Add the tomato sauce, 2 cups water, 1 teaspoon salt and 1/4 teaspoon pepper and bring to a simmer. Stir in the parsley and cook, stirring occasionally, until slightly thickened, about 20 minutes. Stir in 1 tablespoon breadcrumbs and remove from the heat.

- ☐ When the pasta is done, drain and return to the pot off the heat; stir in the butter, then the beaten eggs and 1 cup cheese until the pasta is coated.
- ☐ Brush the bottom and sides of a 9-by-13-inch baking dish with olive oil.
- ☐ Spread half of the pasta in the dish, then top with the meat filling and the remaining pasta.
- ☐ Make the bechamel: Melt the butter in a medium saucepan over low heat.
- ☐ Whisk in the flour and cook, whisking, 1 minute. (Do not let the flour brown.)
- ☐ Whisk in the yogurt and 3/4 cup water and gently simmer, whisking, until slightly thickened, about 5 more minutes. (Do not let the mixture boil.)
- ☐ Remove from the heat and whisk in the eggs, nutmeg and 1/4 teaspoon salt.
- ☐ Pour the bechamel evenly over the pasta in the baking dish.
- ☐ Sprinkle with the remaining 1 cup cheese and 1 tablespoon breadcrumbs and bake until golden, 40 to 45 minutes.
- ☐ Let rest 10 minutes before serving.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:16.52, Inflammation Score:-6, Nutrition Score:19.419130543004%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 509.08kcal (25.45%), Fat: 22.99g (35.38%), Saturated Fat: 10.12g (63.24%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 42.3g (15.38%), Sugar: 5.91g (6.56%), Cholesterol: 96.01mg (32%), Sodium: 797.97mg

(34.69%), Alcohol: 0.62g (100%), Alcohol %: 0.31% (100%), Protein: 28.56g (57.13%), Selenium: 50.27µg (71.82%), Phosphorus: 403.99mg (40.4%), Calcium: 313.77mg (31.38%), Manganese: 0.58mg (29.17%), Vitamin B12: 1.7µg (28.34%), Vitamin K: 29.5µg (28.1%), Vitamin B2: 0.43mg (25.19%), Zinc: 3.65mg (24.37%), Vitamin B3: 3.68mg (18.38%), Vitamin B6: 0.35mg (17.28%), Iron: 2.83mg (15.73%), Potassium: 530.8mg (15.17%), Magnesium: 58.41mg (14.6%), Copper: 0.26mg (12.88%), Vitamin A: 643.68IU (12.87%), Fiber: 2.63g (10.5%), Vitamin B5: 1.04mg (10.39%), Vitamin E: 1.55mg (10.36%), Vitamin B1: 0.15mg (9.87%), Folate: 38.09µg (9.52%), Vitamin C: 6.24mg (7.56%), Vitamin D: 0.41µg (2.76%)