



Pastitsio

READY IN



45 min.

SERVINGS



8

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounces canned tomatoes crushed canned
- ☐ 1 pinch cayenne pepper
- ☐ 1.5 cups kasseri cheese freshly grated
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 extra large eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 3 large cloves garlic minced
- ☐ 1 tablespoon ground cinnamon

- ☐ 1 cup heavy cream
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 pound ground beef lean
- ☐ 1 pound lamb lean
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 3 tablespoons olive oil good
- ☐ 1 teaspoon oregano dried
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 0.8 pound shells
- ☐ 4 tablespoons butter unsalted
- ☐ 1.5 cups milk whole
- ☐ 1.5 cups onion yellow chopped 1 large
- ☐ 0.7 cup yogurt such as fage total greek-style

Equipment

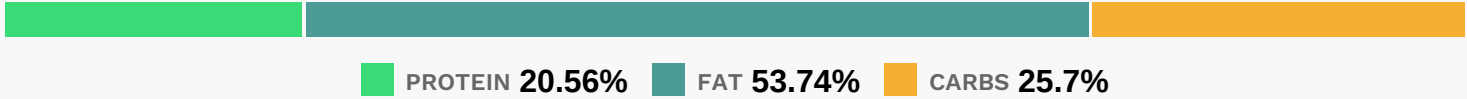
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ For the sauce, heat the olive oil over medium-high heat in a large pot.
- ☐ Add the onion and saute for 5 minutes.
- ☐ Add the beef and lamb, and saute over medium heat for 8 to 10 minutes, until it's no longer pink, crumbling it with the back of wooden spoon.
- ☐ Drain off any excess liquid, add the wine, and cook for 2 more minutes.

- ☐ Add the garlic, cinnamon, oregano, thyme, and cayenne, and continue cooking over medium heat for 5 minutes.
- ☐ Add the tomatoes, 2 teaspoons salt, and 1 teaspoon pepper and simmer, stirring occasionally, for 40 to 45 minutes. Set aside.
- ☐ Preheat the oven to 350 degrees F.
- ☐ For the bechamel, heat the milk and cream together in a small saucepan over medium-low heat until simmering. In a medium saucepan, melt the butter.
- ☐ Add the flour and cook over medium heat, whisking constantly for 2 minutes.
- ☐ Pour the warm milk and cream mixture into the butter and flour mixture, whisking constantly. Continue cooking, stirring occasionally, over medium heat for 5 to 7 minutes, until smooth and thick.
- ☐ Add the nutmeg, 1 teaspoon salt, and 1 teaspoon of pepper. Stir in 3/4 cup of Parmesan cheese, 1/2 cup of the tomato and meat sauce, and allow to cool for 10 minutes. Stir in the eggs and yogurt and set aside.
- ☐ Meanwhile, cook the pasta in a large pot of boiling water until al dente. Don't over-cook because the pasta will later be baked.
- ☐ Drain and set aside.
- ☐ Add the pasta to the meat and tomato sauce, and pour the mixture into a baking dish.
- ☐ Spread the bechamel evenly to cover the pasta and sprinkle with the remaining 3/4 cup Parmesan cheese.
- ☐ Bake for 1 hour, until golden brown and bubbly. Set aside for 10 minutes and serve hot.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:18.7, Inflammation Score:-9, Nutrition Score:25.564347889112%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 798.21kcal (39.91%), Fat: 47.36g (72.86%), Saturated Fat: 23.65g (147.79%), Carbohydrates: 50.95g (16.98%), Net Carbohydrates: 46.32g (16.84%), Sugar: 10.59g (11.76%), Cholesterol: 204.8mg (68.27%), Sodium: 407.05mg (17.7%), Alcohol: 1.58g (100%), Alcohol %: 0.45% (100%), Protein: 40.77g (81.54%), Selenium: 52.8µg (75.43%), Phosphorus: 453.36mg (45.34%), Manganese: 0.89mg (44.51%), Zinc: 5.19mg (34.6%), Vitamin B12: 2.04µg (34.04%), Calcium: 332.21mg (33.22%), Vitamin B2: 0.53mg (30.95%), Vitamin B6: 0.58mg (28.84%), Vitamin B3: 5.48mg (27.42%), Iron: 4.85mg (26.93%), Vitamin A: 1214.41IU (24.29%), Potassium: 804.09mg (22.97%), Vitamin E: 3.05mg (20.35%), Copper: 0.4mg (20.16%), Magnesium: 78.09mg (19.52%), Fiber: 4.62g (18.5%), Vitamin B1: 0.23mg (15.42%), Vitamin B5: 1.5mg (15.05%), Vitamin C: 12.33mg (14.95%), Folate: 50.73µg (12.68%), Vitamin K: 13.12µg (12.49%), Vitamin D: 1.55µg (10.32%)