



## Pastitsio

READY IN



80 min.

SERVINGS



8

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 oz bucatini pasta uncooked
- 1 tablespoon olive oil
- 1 lb ground round
- 1.3 cups onion chopped
- 29 oz tomatoes diced with garlic and onion, undrained organic canned
- 0.5 teaspoon salt
- 0.3 teaspoon ground cinnamon
- 0.3 cup butter
- 0.3 cup flour all-purpose

- 2 cups milk
- 0.3 teaspoon nutmeg freshly grated
- 5 oz parmesan cheese grated
- 2 eggs beaten

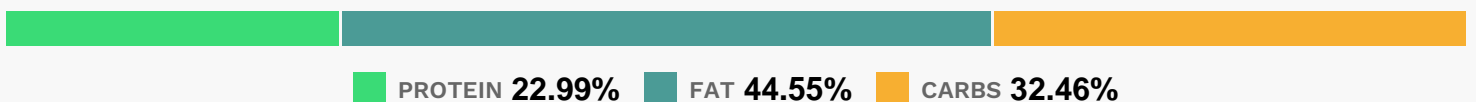
## Equipment

- frying pan
- sauce pan
- oven
- whisk
- baking pan
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain pasta as directed on package, using minimum cook time.
- Meanwhile, in 10-inch skillet, heat oil over medium-high heat. Cook beef and onion in oil 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked and onion is tender; drain. Stir in tomatoes, salt and cinnamon. Cook 3 minutes longer or until thoroughly heated.
- In 2-quart saucepan, melt butter over medium-low heat. Stir in flour. Cook and stir until smooth and bubbly. Increase heat to medium-high. Gradually add milk, stirring constantly until mixture boils and thickens.
- Remove from heat; stir in nutmeg and 1/2 cup of the cheese until melted. Slowly stir in beaten eggs with wire whisk until blended. Arrange pasta lengthwise in baking dish. Top with beef mixture and sauce.
- Sprinkle with remaining 3/4 cup cheese.
- Bake uncovered 40 to 45 minutes or until bubbly and golden brown.

## Nutrition Facts



## Properties

Glycemic Index:36.88, Glycemic Load:13.33, Inflammation Score:-8, Nutrition Score:19.483478255894%

## Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

## Nutrients (% of daily need)

Calories: 441.57kcal (22.08%), Fat: 21.81g (33.55%), Saturated Fat: 8.09g (50.58%), Carbohydrates: 35.75g (11.92%), Net Carbohydrates: 33.03g (12.01%), Sugar: 7.54g (8.37%), Cholesterol: 100.51mg (33.5%), Sodium: 606.5mg (26.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.32g (50.64%), Selenium: 39.52µg (56.46%), Phosphorus: 391.57mg (39.16%), Vitamin B12: 1.93µg (32.11%), Zinc: 4.52mg (30.15%), Vitamin A: 1422.03IU (28.44%), Calcium: 270.17mg (27.02%), Manganese: 0.48mg (23.77%), Vitamin B6: 0.43mg (21.73%), Vitamin B3: 4.32mg (21.59%), Vitamin B2: 0.35mg (20.55%), Vitamin C: 15.95mg (19.33%), Potassium: 672.26mg (19.21%), Magnesium: 56.24mg (14.06%), Iron: 2.44mg (13.56%), Vitamin B1: 0.17mg (11.59%), Fiber: 2.72g (10.87%), Copper: 0.22mg (10.77%), Vitamin B5: 1.06mg (10.59%), Folate: 42.17µg (10.54%), Vitamin E: 1.48mg (9.9%), Vitamin K: 10.3µg (9.81%), Vitamin D: 1.04µg (6.91%)