



Pastitsio

READY IN



45 min.

SERVINGS



8

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound bucatini pasta uncooked
- ☐ 15 ounce tomato sauce canned
- ☐ 5 tablespoons aged cheddar cheese shredded white divided
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 garlic cloves minced

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 pound ground sirloin
- ☐ 3 cups milk 2% reduced-fat
- ☐ 0.5 cup onion finely chopped
- ☐ 1 ounce pecorino romano cheese fresh grated
- ☐ 0.5 teaspoon salt

Equipment

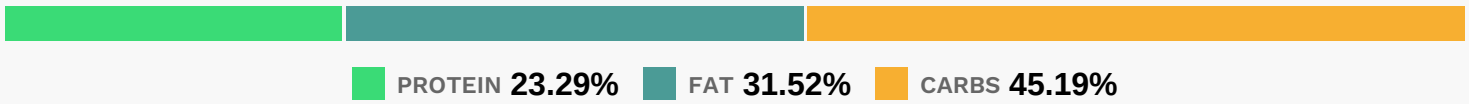
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ To prepare filling, cook pasta according to package directions, omitting salt and fat. Rinse with cold water; set aside.
- ☐ Cook beef, onion, and garlic in a large nonstick skillet over medium-high heat until browned; stir to crumble.
- ☐ Add wine, tomato sauce, 1/2 teaspoon salt, nutmeg, and pepper; bring to a boil. Reduce heat; simmer 10 minutes or until thick.
- ☐ Preheat oven to 35
- ☐ To prepare white sauce, place flour and 1/2 teaspoon salt in a medium saucepan over medium heat. Gradually add milk, stirring constantly with a whisk until blended; bring to a boil. Reduce heat; simmer 10 minutes or until slightly thick, stirring constantly.
- ☐ Remove from heat; set aside.
- ☐ Combine eggs and egg whites in a large bowl. Gradually add hot milk mixture to egg mixture, stirring constantly with a whisk. Stir in 1 tablespoon kasseri cheese until blended.

- ☐
- Spread 1 cup beef mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange half of pasta over beef mixture. Top with 1 1/2 cups beef mixture. Repeat layers with remaining pasta and beef mixture. Top with white sauce.
- ☐
- Sprinkle with 4 tablespoons kasseri and Romano cheese.
- ☐
- Bake at 350 for 30 minutes.
- ☐
- Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:19.99, Inflammation Score:-6, Nutrition Score:19.992608878923%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 492.58kcal (24.63%), Fat: 16.71g (25.71%), Saturated Fat: 7.46g (46.62%), Carbohydrates: 53.9g (17.97%), Net Carbohydrates: 50.96g (18.53%), Sugar: 8.67g (9.63%), Cholesterol: 105.2mg (35.07%), Sodium: 616.44mg (26.8%), Alcohol: 1.54g (100%), Alcohol %: 0.62% (100%), Protein: 27.78g (55.56%), Selenium: 57.16µg (81.66%), Phosphorus: 406.57mg (40.66%), Manganese: 0.69mg (34.47%), Vitamin B12: 1.96µg (32.62%), Zinc: 4.55mg (30.35%), Vitamin B2: 0.49mg (28.63%), Calcium: 252.6mg (25.26%), Vitamin B3: 4.44mg (22.19%), Vitamin B6: 0.43mg (21.44%), Potassium: 651.34mg (18.61%), Magnesium: 68.2mg (17.05%), Iron: 2.95mg (16.37%), Copper: 0.3mg (14.92%), Vitamin B5: 1.34mg (13.36%), Fiber: 2.94g (11.76%), Vitamin B1: 0.16mg (10.78%), Vitamin A: 497.69IU (9.95%), Folate: 38.59µg (9.65%), Vitamin E: 1.28mg (8.53%), Vitamin C: 4.99mg (6.05%), Vitamin K: 3.13µg (2.98%), Vitamin D: 0.38µg (2.54%)