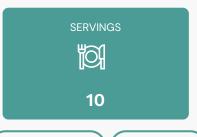


Pastitsio







LUNCH MAIN COURSE

MAIN DISH

DINNER

Ingredients

| ed |
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| |

- 2 egg whites
- 2 egg yolk
- 10 servings flour
- 0.5 bunch parsley fresh minced
- 4 garlic clove minced
- 4 dashes ground cinnamon

| | 2 dashes nutmeg |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | 1.5 lb ground beef 80% lean (chuck) |
| | 6 cups milk (maybe even a little less) |
| | 10 servings butter |
| | 0.5 cup olive oil |
| | 1 onion chopped |
| | 10 servings pecorino cheese grated |
| | 1 cup pecorino cheese grated |
| | 10 servings salt and pepper |
| | 1 teaspoon tomato paste |
| | 2 tomatoes chopped |
| | 10 servings water |
| | 1 lb ziti |
| Eq | uipment |
| | frying pan |
| | sauce pan |
| | oven |
| | whisk |
| | pot |
| | baking pan |
| | spatula |
| Di | rections |
| | Parboil the pasta. |
| | Drain and put in the baking pan. You should toss it around in some butter, oil, or margarine to keep it from sticking. Then add a generous amount of grated cheese and toss. You also have the option of placing half the pasta in the dish, filling the middle layer with meat sauce, and adding more pasta on top. You also have another option of tossing the pasta and the meat sauce together and leaving it like that. Do whatever your heart desires. You may also toss in |
| | |



Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 6.15mg, Apigenin: 6.15mg, Apigenin: 6.15mg, Apigenin: 6.15mg, Luteolin: 0.05mg, Luteo

Nutrients (% of daily need)

Calories: 890.07kcal (44.5%), Fat: 58.32g (89.72%), Saturated Fat: 26.75g (167.19%), Carbohydrates: 53.01g (17.67%), Net Carbohydrates: 50.05g (18.2%), Sugar: 10.99g (12.22%), Cholesterol: 183.01mg (61%), Sodium: 1176.65mg (51.16%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 38.38g (76.76%), Selenium: 53.91µg (77.01%), Phosphorus: 697.12mg (69.71%), Calcium: 673.3mg (67.33%), Vitamin K: 55.27µg (52.64%), Vitamin B12: 2.81µg (46.91%), Vitamin A: 1885.95IU (37.72%), Zinc: 5.47mg (36.5%), Vitamin B2: 0.6mg (35.16%), Manganese: 0.68mg (33.87%), Vitamin B6: 0.51mg (25.62%), Vitamin B3: 4.81mg (24.05%), Magnesium: 86.35mg (21.59%), Potassium: 741.77mg (21.19%), Iron: 3.33mg (18.49%), Vitamin B1: 0.27mg (18.14%), Copper: 0.31mg (15.64%), Vitamin B5: 1.56mg (15.57%), Vitamin E: 2.21mg (14.73%), Vitamin D: 2.07µg (13.82%), Vitamin C: 10.62mg (12.87%), Folate: 49.07µg (12.27%), Fiber: 2.96g (11.86%)