



Potato and Lamb Moussaka

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds baking potato peeled cut into 1/4-inch-thick slices
- 0.5 teaspoon pepper black freshly ground
- 2 large eggs lightly beaten
- 0.5 cup flat-leaf parsley fresh finely chopped
- 2 garlic cloves chopped
- 0.5 cup bell pepper green chopped
- 0.3 teaspoon ground cinnamon
- 1 teaspoon ground cumin

- 1 pound lamb
- 1 cup milk 1% low-fat
- 1 cup onion chopped (1 medium)
- 0.5 cup bell pepper red chopped
- 1 teaspoon salt
- 1 cup no-salt-added tomato sauce

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add one-third of potato slices to pan; cook 3 minutes on each side or until lightly browned.
- Transfer potato to bowl. Repeat procedure with cooking spray and remaining potato slices.
- Preheat oven to 350
- Recoat pan with cooking spray.
- Add onion, garlic, and lamb to pan; cook 3 minutes or until lamb begins to brown.
- Add bell peppers, tomato sauce, salt, cumin, black pepper, cinnamon, and parsley; cook 10 minutes.
- Arrange half of potato slices in a 13 x 9 inch baking dish coated with cooking spray. Arrange lamb mixture over potatoes; top with remaining potato slices.
- Combine milk and eggs in a small bowl; pour over potato mixture.
- Bake at 350 for 30 minutes or until top is golden and set.
- Remove from oven; let stand 10 minutes before serving.

Nutrition Facts



■ PROTEIN 20.05% ■ FAT 44.29% ■ CARBS 35.66%

Properties

Glycemic Index:50.46, Glycemic Load:23.1, Inflammation Score:-8, Nutrition Score:25.616086939107%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 404.72kcal (20.24%), Fat: 20.11g (30.94%), Saturated Fat: 8.55g (53.41%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 32.62g (11.86%), Sugar: 6.42g (7.13%), Cholesterol: 119.15mg (39.72%), Sodium: 677.81mg (29.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.49g (40.98%), Vitamin K: 90.64µg (86.33%), Vitamin C: 46.32mg (56.14%), Vitamin B6: 0.83mg (41.34%), Vitamin B12: 2.13µg (35.58%), Vitamin B3: 6.84mg (34.18%), Potassium: 1132.32mg (32.35%), Phosphorus: 306.24mg (30.62%), Selenium: 21.33µg (30.47%), Zinc: 3.67mg (24.46%), Vitamin A: 1207.34IU (24.15%), Vitamin B2: 0.4mg (23.24%), Manganese: 0.44mg (21.87%), Iron: 3.88mg (21.57%), Vitamin B1: 0.28mg (18.71%), Magnesium: 73.21mg (18.3%), Folate: 66.79µg (16.7%), Copper: 0.33mg (16.41%), Vitamin B5: 1.58mg (15.83%), Fiber: 3.81g (15.24%), Calcium: 118.23mg (11.82%), Vitamin E: 1.24mg (8.25%), Vitamin D: 0.84µg (5.61%)