



HEALTH SCORE

51%

## Sara's Moussaka

READY IN



125 min.

SERVINGS



8

CALORIES



919 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 bay leaves
- 2 tablespoons beef stock
- 0.5 cup butter
- 400 g canned tomatoes diced canned
- 4 eggplant sliced into 8mm rounds
- 2 eggs lightly beaten
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 0.3 cup parsley fresh finely chopped

- 4 garlic clove crushed
- 1 kg ground beef
- 2 teaspoons ground cinnamon
- 2 teaspoons nutmeg
- 2 cups milk warmed
- 0.3 teaspoon nutmeg
- 0.5 cup olive oil
- 0.8 cup olive oil
- 4 large onion diced
- 1 teaspoon oregano dried
- 0.8 cup parmesan shredded
- 1 cup parmesan
- 0.3 teaspoon pepper
- 8 servings bell pepper
- 8 servings bell pepper
- 1 cup flour plain
- 1.5 cups flour plain
- 0.3 teaspoon salt
- 8 servings salt
- 3 tomatoes diced

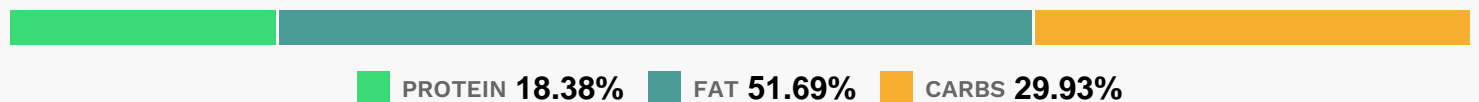
## Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan
- microwave
- colander

## Directions

- Heat the oil in a large saucepan, and saute the onions. And the ground beef, nd cook 10 minutes.
- Add the fresh tomatoes, canned tomatoes, garlic, bay leaves, salt, pepper, parsley, basil, oregano, cinnamon, nutmeg, and stock paste. Allow to boil for 1 hour.In the meantime, soak the eggplant slices in salted water for 1 hour.
- Place the meat mixture into a colander to drain the excess oil.
- Drain the eggplant, coat them in flour, and fry them in very hot oil until browned.In a baking dish, place a layer of eggplant slices, salt & pepper, and a layer of meat mixture.
- Add another layer of eggplant, and another layer of meat mixture.Finally, pour the bechamel sauce over the last layer and sprinkle with grated parmesan.
- Bake at 180C for about 30 minutes, until the top is golden.
- Remove from oven. Stand for 20–30 minutes, cut into swares, and serve with a green salad.BECHAMEL SAUCE:.In a large bowl, microwave butter and oil for 1 minute.
- Add flour, whisking until smooth. Microwave 1 minute.Slowly add milk, whisking until smooth. Microwave 2 minutes.
- Add eggs, parmesan, salt, pepper, and nutmeg. Microwave in 2 minutes.
- Whisk until smooth.

## Nutrition Facts



## Properties

Glycemic Index:109.13, Glycemic Load:30.04, Inflammation Score:-10, Nutrition Score:51.641304016113%

## Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 15.96mg, Quercetin: 15.96mg, Quercetin: 15.96mg, Quercetin: 15.96mg

## Nutrients (% of daily need)

Calories: 918.54kcal (45.93%), Fat: 53.72g (82.65%), Saturated Fat: 23.33g (145.84%), Carbohydrates: 70g (23.33%), Net Carbohydrates: 55.52g (20.19%), Sugar: 24.44g (27.16%), Cholesterol: 182.37mg (60.79%), Sodium: 922.69mg (40.12%), Alcohol: 0g (100%), Protein: 42.97g (85.94%), Vitamin C: 216.35mg (262.24%), Vitamin A: 6193.51IU (123.87%), Vitamin K: 78.99µg (75.23%), Manganese: 1.4mg (70.1%), Vitamin B6: 1.36mg (67.77%), Phosphorus: 628.58mg (62.86%), Selenium: 43.41µg (62.01%), Folate: 240.02µg (60%), Vitamin B3: 11.76mg (58.8%), Fiber: 14.48g (57.94%), Vitamin B12: 3.39µg (56.48%), Zinc: 7.68mg (51.19%), Vitamin B2: 0.87mg (51%), Potassium: 1753.18mg (50.09%), Calcium: 461.83mg (46.18%), Vitamin B1: 0.68mg (45.1%), Vitamin E: 6.05mg (40.34%), Iron: 7.16mg (39.79%), Magnesium: 125.91mg (31.48%), Vitamin B5: 2.72mg (27.25%), Copper: 0.53mg (26.64%), Vitamin D: 1.13µg (7.5%)