



Veal and Eggplant Moussaka

READY IN



75 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef stock
- ☐ 0.3 cup bread crumbs
- ☐ 2 tablespoons butter
- ☐ 1 egg yolk beaten
- ☐ 2 medium eggplant thinly sliced
- ☐ 0.5 cup feta cheese
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 clove garlic chopped

- ☐ 1 pound ground veal
- ☐ 1 cup milk
- ☐ 1 large onion chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 1 tablespoon tomato paste
- ☐ 0.3 cup vegetable oil

Equipment

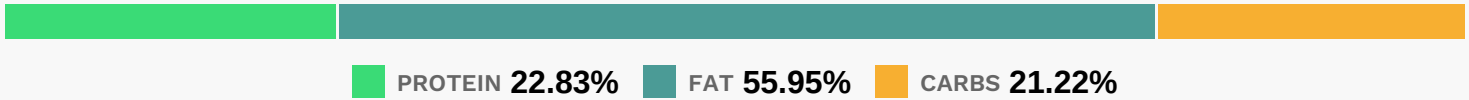
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat your oven's broiler. Grease a 9 inch square baking dish.
- ☐ Brush the eggplant slices with oil, and place on a baking sheet. Broil until browned on one side, about 5 minutes. Set oven to 350 degrees F (175 degrees C).
- ☐ Melt 2 tablespoons of butter in a large skillet over medium heat.
- ☐ Add onions and garlic; cook and stir until softened. Crumble in the veal, and cook until evenly browned. Season with salt and pepper, and stir in the tomato paste, parsley and beef stock. Simmer over low heat for 15 minutes. Stir in the bread crumbs, reserving 1 tablespoon for later, remove from the heat and set aside.
- ☐ Melt the remaining butter in a small saucepan over medium heat. Stir in the flour until smooth, then gradually stir in the milk so that no lumps form. Simmer, stirring constantly, until thickened.
- ☐ Remove from the heat and whisk in the egg yolk.

- ☐
- Place a layer of eggplant on the bottom of the prepared baking dish. Top with half of the veal mixture, and half of the feta cheese. Repeat the layers, then place remaining eggplant in a layer on top.
- ☐
- Pour the sauce over all, and sprinkle with reserved bread crumbs.
- ☐
- Bake for 45 minutes, uncovered, in the preheated oven, or until browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:4.31, Inflammation Score:-7, Nutrition Score:19.453478211942%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 370.86kcal (18.54%), Fat: 23.38g (35.96%), Saturated Fat: 8.73g (54.57%), Carbohydrates: 19.95g (6.65%), Net Carbohydrates: 14.51g (5.28%), Sugar: 9.16g (10.18%), Cholesterol: 120.43mg (40.14%), Sodium: 543.72mg (23.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.46g (42.93%), Vitamin K: 45.35µg (43.19%), Vitamin B3: 7.58mg (37.91%), Phosphorus: 313.45mg (31.35%), Vitamin B2: 0.5mg (29.47%), Vitamin B6: 0.59mg (29.37%), Vitamin B12: 1.53µg (25.43%), Manganese: 0.49mg (24.59%), Zinc: 3.35mg (22.36%), Potassium: 782.35mg (22.35%), Fiber: 5.44g (21.76%), Selenium: 13.52µg (19.31%), Vitamin B5: 1.87mg (18.65%), Folate: 68.84µg (17.21%), Vitamin B1: 0.25mg (16.84%), Calcium: 161.5mg (16.15%), Magnesium: 55.32mg (13.83%), Copper: 0.26mg (13.05%), Vitamin E: 1.76mg (11.75%), Iron: 1.76mg (9.76%), Vitamin C: 7.72mg (9.36%), Vitamin A: 467.15IU (9.34%), Vitamin D: 0.66µg (4.4%)