



 **86%**
HEALTH SCORE

Vegan Moussaka

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



100 min.

SERVINGS



6

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon tapioca/arrowroot flour
- 1 bay leaves
- 0.5 cup breadcrumbs
- 1 lb eggplant italian (sort, not the long japanese type)
- 1 garlic clove
- 3 garlic clove minced
- 0.3 teaspoon ground cinnamon
- 3 tablespoons juice of lemon

- 1 pinch nutmeg
- 0.3 cup olive oil
- 2 teaspoons oregano dried
- 6 servings bell pepper
- 6 servings bell pepper
- 0.5 cup pinenuts
- 1.5 lbs baking potatoes
- 1.3 teaspoons sea salt to taste (or)
- 6 servings sea salt
- 4 large shallots thinly sliced
- 1 lb silken tofu soft
- 28 ounces canned tomatoes crushed
- 0.3 cup vegetable stock (or wine)
- 1 lb zucchini

Equipment

- food processor
- frying pan
- baking sheet
- oven
- casserole dish
- spatula
- colander

Directions

- Preheat your oven to 400 degrees F. Lightly oil 3 baking sheets. Veg: Slice the eggplant into 1/4 inch thick slices lengthwise.
- Places them into a colander and sprinkle with salt -- rub the salt around so that it reaches all sides on all pieces. Set the colander aside to sweat for about 15 minutes (takes away any

bitterness).In the meantime slice the zucchini into similar 1/4 inch slices lengthwise. Peel the potatoes then slice the same way.Rinse the eggplant and pat dry.

- Place each vegetable onto it's own baking sheet.
- Sprinkle the 1/4 cup of oil over all the veg, rubbing around so that all sides get covered. The eggplant will need a little more oil, and it does stick more easily.
- Sprinkle the zucchini and potato with salt.
- Combine the remaning 1/4 cup oil and garlic in a large pan.
- Heat over medium heat and let the garlic sizzle for about a minute and then add in the shallots. Cook until transulcent, about 5 minutes.
- Add in the tin of crushed tomatoes (entire tin, no straining).
- Add the oregano, cinnamon and bay leaf. Leave that covered, to simmer for about 15 minutes. The sauce will thicken slightl and reduce. Turn off the heat and adjust salt to taste.
- Remove bay leaf.Topping: Using a food processor, blend the pine nuts and lemon juice into a paste.
- Add the tofu, garlic, arrowroot, nutmeg, salt and pepper. Blend until creamy and smooth.Putting it together: Lightly oil a casserole dish (ie 9 x 13). Reheat the oven to 40
- Spread about 1/2 cup of the sauce in the bottom of the dish, followed by a layer of eggplant, a layer of potatoes another 1/2 cup of sauce and half of the breadcrumbs.Assess how much eggplant and potato you have left. If you can do 2 more layers, then do another sequence of sauce/eggplant/potato/sauce. If you can only do 1 more layer then move on to the next zucchini step.
- Spread all of the zucchini over this, then top with another layer of eggplant/potato/sauce, and the rest of the breadcrumbs.
- Spread the pine nut topping on last, using a spatula to spread it out as best you can without disturbing the layers underneath.
- Bake for 40 minutes until the top is lightly browned and a few cracks have formed in the topping. Allow to set 10 minutes before slicing and serving.

Nutrition Facts

 PROTEIN 12.03%  FAT 37.87%  CARBS 50.1%

Properties

Glycemic Index:88.63, Glycemic Load:23.06, Inflammation Score:-10, Nutrition Score:38.723043472871%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 457.38kcal (22.87%), Fat: 20.64g (31.75%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 61.42g (20.47%), Net Carbohydrates: 49.39g (17.96%), Sugar: 21g (23.33%), Cholesterol: 0mg (0%), Sodium: 997.01mg (43.35%), Alcohol: 0g (100%), Protein: 14.74g (29.49%), Vitamin C: 229.53mg (278.22%), Manganese: 2.11mg (105.55%), Vitamin A: 5164.5IU (103.29%), Vitamin B6: 1.33mg (66.66%), Potassium: 1847.35mg (52.78%), Fiber: 12.02g (48.1%), Vitamin E: 6.83mg (45.55%), Copper: 0.84mg (42.12%), Folate: 158.86µg (39.71%), Magnesium: 155.31mg (38.83%), Vitamin B1: 0.56mg (37.16%), Vitamin K: 38.66µg (36.82%), Iron: 6.03mg (33.49%), Phosphorus: 331.83mg (33.18%), Vitamin B3: 6.49mg (32.44%), Vitamin B2: 0.43mg (25.55%), Zinc: 2.79mg (18.6%), Vitamin B5: 1.71mg (17.1%), Calcium: 153.7mg (15.37%), Selenium: 4.65µg (6.64%)