



Vegetable Moussaka

READY IN



45 min.

SERVINGS



8

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 tablespoons flour
- ☐ 6 tablespoons butter ()
- ☐ 28 ounce canned tomatoes with added puree crushed canned
- ☐ 1 cup carrots peeled finely chopped
- ☐ 1 cup celery finely chopped
- ☐ 4 large egg yolk
- ☐ 3.5 pounds eggplant unpeeled cut into 1/2-inch-thick rounds
- ☐ 4 garlic clove minced
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.5 cup olive oil ()
- ☐ 1 large onion thinly sliced
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup parmesan cheese grated
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 12 ounces portabello mushrooms cut into 1/2-inch pieces
- ☐ 3.5 cups milk whole

Equipment

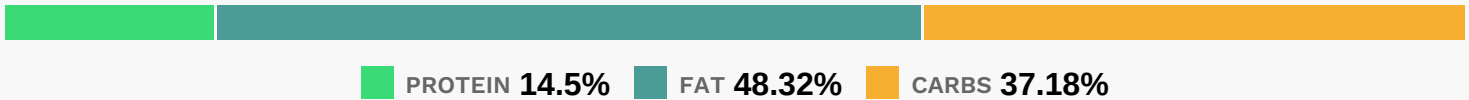
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Cover 2 baking sheets with paper towels.
- ☐ Sprinkle both sides of eggplant rounds with salt. Arrange eggplant in single layer atop towels.
- ☐ Let stand 30 minutes.
- ☐ Position first rack in bottom third of oven and second rack in top third of oven and preheat to 425°F.
- ☐ Remove eggplant and paper towels from baking sheets. Pat eggplant dry. Oil same baking sheets.
- ☐ Brush both sides of eggplant rounds with 1/4 cup oil. Arrange in single layer on baking sheets.
- ☐ Bake 10 minutes. Turn eggplant and rotate pans in oven. Continue baking until tender, about 15 minutes longer. Cool. Reduce oven temperature to 350°F.

- ☐ Meanwhile, heat 1/4 cup oil in heavy large skillet over medium-high heat.
- ☐ Add onion, carrots and celery. Sauté until onion is very tender, about 12 minutes.
- ☐ Mix in garlic, then mushrooms. Sauté until juices evaporate, about 10 minutes.
- ☐ Mix in oregano and cinnamon.
- ☐ Add tomatoes and parsley. Cook until mixture is thick, about 10 minutes. Season with salt and pepper.
- ☐ Lightly oil 13x9x2-inch glass baking dish. Arrange half of eggplant rounds in single layer in dish. Spoon half of tomato mixture evenly over eggplant.
- ☐ Sprinkle with 2 tablespoons cheese. Repeat layering with remaining eggplant, tomato mixture and 2 tablespoons cheese.
- ☐ Melt butter in heavy medium saucepan over medium heat.
- ☐ Whisk in flour. Stir 2 minutes. Gradually whisk in milk. Simmer until sauce thickens, stirring constantly, about 5 minutes.
- ☐ Whisk in 1/2 cup cheese. Season with salt and pepper.
- ☐ Whisk yolks in large bowl to blend. Gradually whisk in hot sauce.
- ☐ Pour sauce over vegetables in dish.
- ☐ Sprinkle 1/4 cup cheese over sauce. (Can be made 1 day ahead. Cover; chill.)
- ☐ Bake moussaka until heated through and sauce is golden brown on top, about 45 minutes (or about 55 minutes for refrigerated moussaka). Cool 15 minutes.

Nutrition Facts



Properties

Glycemic Index:51.1, Glycemic Load:10.38, Inflammation Score:-10, Nutrition Score:28.151739079019%

Flavonoids

Delphinidin: 170.05mg, Delphinidin: 170.05mg, Delphinidin: 170.05mg, Delphinidin: 170.05mg Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 377.51kcal (18.88%), Fat: 21.35g (32.84%), Saturated Fat: 10.67g (66.71%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 27.15g (9.87%), Sugar: 19.42g (21.57%), Cholesterol: 138.06mg (46.02%), Sodium: 493.14mg (21.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.82%), Vitamin A: 3817.73IU (76.35%), Vitamin K: 53.43µg (50.89%), Manganese: 0.86mg (42.91%), Fiber: 9.8g (39.21%), Phosphorus: 373.03mg (37.3%), Potassium: 1233.41mg (35.24%), Calcium: 334.36mg (33.44%), Selenium: 22.98µg (32.83%), Vitamin B6: 0.56mg (28.18%), Vitamin B2: 0.48mg (28.12%), Folate: 108.59µg (27.15%), Vitamin B3: 5.2mg (25.97%), Copper: 0.51mg (25.71%), Vitamin C: 19.19mg (23.26%), Vitamin B1: 0.33mg (22.27%), Vitamin B5: 2.17mg (21.68%), Vitamin E: 3.02mg (20.16%), Magnesium: 74.14mg (18.53%), Vitamin B12: 0.95µg (15.83%), Iron: 2.85mg (15.81%), Zinc: 2.17mg (14.49%), Vitamin D: 1.82µg (12.16%)