



Vegetarian Moussaka

READY IN



90 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bulgur uncooked
- ☐ 1 tablespoon butter
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 large eggs lightly beaten
- ☐ 3 eggplants peeled cut into 1/2-inch-thick slices (2 1/2 pounds)
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 garlic cloves minced
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground cloves
- ☐ 1 cup milk 1% low-fat
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 2 cups onion chopped
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 2 tablespoons romano cheese fresh finely grated
- ☐ 0.3 teaspoon salt
- ☐ 2 cups vegetable broth organic

Equipment

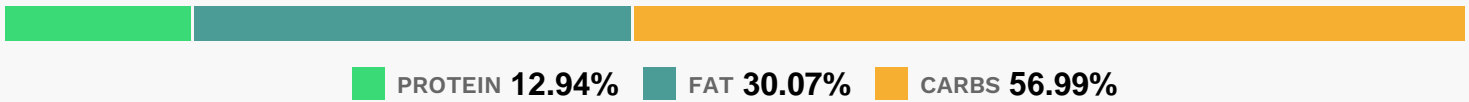
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Brush eggplant slices with 1 tablespoon oil.
- ☐ Place half of eggplant on a foil-lined baking sheet coated with cooking spray; broil 5 inches from heat for 5 minutes on each side or until browned. Repeat procedure with remaining eggplant. Set eggplant aside.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add chopped onion to pan; saut 8 minutes.
- ☐ Add garlic; saut 1 minute.

- ☐ Add bulgur; cook 3 minutes or until bulgur is lightly toasted, stirring frequently.
- ☐ Add ground allspice, cinnamon, and cloves; cook 1 minute, stirring constantly. Stir in vegetable broth, oregano, and tomatoes. Bring to a boil; reduce heat, and simmer 20 minutes or until thickened, stirring occasionally.
- ☐ Melt butter in a saucepan over medium heat.
- ☐ Add flour; cook 1 minute, stirring constantly with a whisk until well blended. Gradually add milk, stirring constantly with a whisk. Bring to a boil; reduce heat to medium-low, and simmer 5 minutes or until thickened, stirring frequently. Stir in cheese and salt.
- ☐ Remove from heat, and cool slightly.
- ☐ Add egg, stirring well with a whisk.
- ☐ Preheat oven to 35
- ☐ Arrange half of eggplant in an 11 x 7-inch glass or ceramic baking dish coated with cooking spray.
- ☐ Spread the bulgur mixture evenly over eggplant; arrange remaining eggplant over bulgur mixture. Top with milk mixture.
- ☐ Bake at 350 for 40 minutes, and remove from oven. Increase oven temperature to 47
- ☐ Return dish to oven for 4 minutes or until the top is browned.
- ☐ Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:98.5, Glycemic Load:14.53, Inflammation Score:-10, Nutrition Score:27.513043196305%

Flavonoids

Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.43mg, Quercetin: 16.43mg, Quercetin: 16.43mg, Quercetin: 16.43mg

Nutrients (% of daily need)

Calories: 377.96kcal (18.9%), Fat: 13.6g (20.92%), Saturated Fat: 4.18g (26.13%), Carbohydrates: 57.96g (19.32%), Net Carbohydrates: 40.44g (14.71%), Sugar: 24.19g (26.88%), Cholesterol: 59.58mg (19.86%), Sodium: 858.56mg (37.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.16g (26.32%), Manganese: 1.82mg (90.82%), Fiber: 17.52g (70.1%), Potassium: 1421.55mg (40.62%), Vitamin B6: 0.71mg (35.37%), Folate: 125.58µg (31.4%), Phosphorus: 306.79mg (30.68%), Magnesium: 119.7mg (29.93%), Copper: 0.59mg (29.43%), Vitamin C: 23.94mg (29.02%), Vitamin K: 29.14µg (27.75%), Vitamin E: 3.78mg (25.17%), Vitamin B1: 0.37mg (24.38%), Vitamin B3: 4.85mg (24.24%), Vitamin B2: 0.4mg (23.52%), Calcium: 223.76mg (22.38%), Iron: 3.62mg (20.13%), Vitamin B5: 2mg (19.96%), Vitamin A: 852.81IU (17.06%), Selenium: 9.68µg (13.83%), Zinc: 1.88mg (12.51%), Vitamin B12: 0.51µg (8.42%), Vitamin D: 0.91µg (6.08%)