



 **34%**
HEALTH SCORE

Yai-Yai's Moussaka

READY IN



105 min.

SERVINGS



6

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black
- 2.5 teaspoons butter
- 0.5 teaspoon cinnamon
- 1 egg yolk
- 3 eggplant
- 2 eggs
- 6 servings feta cheese (enough to sprinkle)
- 2.5 teaspoons flour
- 1 garlic clove minced

- 1 lb ground beef lean (preference)
- 3 dashes nutmeg
- 6 servings olive oil
- 1 large onion
- 1.5 teaspoon oregano dried
- 6 servings parmesan (enough to sprinkle)
- 6 servings parsley (preference)
- 0.5 teaspoon salt
- 1.5 teaspoons salt
- 6 ounces tomato paste
- 3 dashes pepper white
- 3 potatoes white
- 2 cups milk whole

Equipment

- bowl
- paper towels
- sauce pan
- oven
- baking pan

Directions

- Layers: Preheat oven to Broil. Wash eggplants and potatoes (peel).
- Cut lengthwise down the middle, then into inch slices.
- Sprinkle salt on both sides of the eggplant and potato slices. Coat 2 baking trays with olive oil (one for each vegetable because potatoes will cook faster than the eggplant). Use paper towels to pat the salt absorbed moisture from the eggplant and potato slices (I suggest leaving a little moisture on the potatoes because they tend to dry out). Coat eggplant and potato slices with olive oil and place in oven until browned (light to medium). Flip and repeat. Coat a non-stick 9 x13-inch baking dish with olive oil. Cover the bottom with your

eggplant slices (potatoes will be used later).Set oven to 350F.Beef:.In a saucepan, add olive oil, beef, and preferred amount of onion.Cook until beef is brown and the onion is tender.

- Drain excess fluid.
- Add garlic, tomato paste, oregano, salt, pepper, garlic, parsley, cinnamon and nutmeg.Very important: taste after mixing and adjust ingredients accordingly (some people might like a little more of a kick).Heavy Construction:.
- Pour enough beef mixture to cover eggplant.
- Layer with the potato slices.Cover with beef.
- Layer with eggplant slices.Make all the layers you can! Have fun with it, but remember to leave enough room for the cream sauce! Set aside.Cream Sauce:.Melt butter in saucepan.Stir in flour, salt, nutmeg, and white pepper.
- Remove from heat and slowly stir in milk.Return to heat until slightly thickened.In a small bowl beat the eggs and additional yolk.Temper the eggs by adding a bit of the hot mixture (If you dont do this the eggs will instantly cook when they are added to the mixture).Over low heat: slowly add eggs to mixture.
- Mix well.***
- Pour sauce over layers and sprinkle the cheeses.***
- Bake at 350F for 45 minutes to an hour (whenever the sauce is brown).***
- Let the moussaka cool (until room temperature) before refrigeration.

Nutrition Facts



Properties

Glycemic Index:96.13, Glycemic Load:17.96, Inflammation Score:-9, Nutrition Score:40.899130406587%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 686.44kcal (34.32%), Fat: 39.37g (60.58%), Saturated Fat: 16.17g (101.04%), Carbohydrates: 44.44g (14.81%), Net Carbohydrates: 33.34g (12.13%), Sugar: 17.69g (19.66%), Cholesterol: 195.17mg (65.06%), Sodium: 1951.78mg (84.86%), Alcohol: 0g (100%), Protein: 42.04g (84.08%), Vitamin K: 92.3µg (87.91%), Phosphorus: 723.73mg (72.37%), Calcium: 689.47mg (68.95%), Vitamin B6: 1.09mg (54.4%), Vitamin B12: 3.19µg (53.2%), Selenium: 35.15µg (50.21%), Vitamin B2: 0.85mg (49.71%), Potassium: 1697.82mg (48.51%), Manganese: 0.95mg (47.73%), Zinc: 7.06mg (47.05%), Fiber: 11.09g (44.37%), Vitamin C: 35.46mg (42.98%), Vitamin B3: 8.05mg (40.27%), Vitamin E: 4.72mg (31.44%), Vitamin A: 1502.26IU (30.05%), Iron: 5.36mg (29.75%), Magnesium: 118.83mg (29.71%), Folate: 108.24µg (27.06%), Copper: 0.51mg (25.38%), Vitamin B5: 2.53mg (25.29%), Vitamin B1: 0.35mg (23.04%), Vitamin D: 1.7µg (11.3%)