

Greek Moussaka

Yield: 7 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-punch-recipe-non-alcoholic>

Ingredients:

- 2 eggplant Medium, cut into 1/2 rounds
- 2 tablespoons butter
- 1 1/2 cups chopped onion
- 1 tablespoon minced garlic
- 1 pound ground lamb
- 1 teaspoon allspice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- teaspoon sugar
- 1 1/2 teaspoons salt
- 1 teaspoon pepper
- 1 tablespoon oregano
- 1/4 cup tomato paste
- 1 cup red wine
- 15 ounces tomato sauce
- 2 1/2 cups whole milk
- 4 tablespoons unsalted butter
- 1/4 cup all-purpose flour
- 1/4 teaspoon nutmeg
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 1/2 cups grated Parmesan cheese
- 2 eggs Beaten
- 1/2 cup grated Parmesan cheese
- 1/4 flat leaf parsley Chopped

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 34 grams

3. Cholesterol: 170 milligrams
 4. Fat: 39 grams
 5. Fiber: 8 grams
 6. Protein: 31 grams
 7. SaturatedFat: 20 grams
 8. Sodium: 1730 milligrams
 9. Sugar: 16 grams
-

Thank you for visiting our website. Hope you enjoy Greek Moussaka above. You can see more 16 greek punch recipe non alcoholic You must try them! to get more great cooking ideas.