



Boiled Yuca (Yuca Hervida)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



544 kcal

SIDE DISH

Ingredients



1 tablespoon salt



3 pounds cassava fresh trimmed peeled cut into 3-inch sections (2 pounds weight),

Equipment



frying pan



baking sheet



sauce pan



baking paper

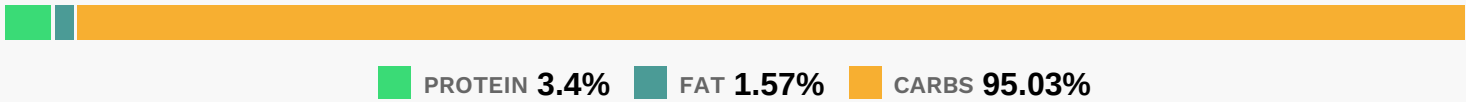


plastic wrap

Directions

- ☐ Place the yuca, 3 quarts water, and salt in a 4-quart saucepan and bring to a boil over high heat. Reduce the heat to medium and cook at a gentle boil until either fork-tender (Paraguayan style), about 25 minutes, or very tender (Cuban style), 30 to 40 minutes.
- ☐ Drain, quickly removing the spindles, and serve at once; or keep warm in the cooking water over very low heat until ready to serve. Douse with a table sauce if you wish, and serve piping hot.
- ☐ Cook's Note: Follow this procedure in any recipe that calls for boiled yuca, allowing about 4 cups of water per pound of trimmed yuca. The beautiful buttery texture becomes congealed if the yuca is allowed to cool or even chill. This is a plus for certain applications, like pan-frying. Boiled yuca should be allowed to cool at room temperature or in the refrigerator before frying. Storing: Leftover boiled yuca will keep well in the refrigerator for about 1 week. If you will be pan-frying or deep-frying the yuca, place on a baking sheet lined with parchment paper and cover loosely with plastic wrap, to prevent weeping.
- ☐ Reprinted with permission from Gran Cocina Latina: The Food of Latin America by Maricel Presilla, © 2012 Norton

Nutrition Facts



Properties

Glycemic Index:15.31, Glycemic Load:75.55, Inflammation Score:-6, Nutrition Score:15.832608549491%

Nutrients (% of daily need)

Calories: 544.31kcal (27.22%), Fat: 0.95g (1.47%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 129.48g (43.16%), Net Carbohydrates: 123.35g (44.86%), Sugar: 5.78g (6.43%), Cholesterol: 0mg (0%), Sodium: 1791.74mg (77.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.25%), Vitamin C: 70.08mg (84.95%), Manganese: 1.31mg (65.54%), Potassium: 922.29mg (26.35%), Fiber: 6.12g (24.49%), Folate: 91.85µg (22.96%), Vitamin B1: 0.3mg (19.73%), Magnesium: 71.49mg (17.87%), Copper: 0.34mg (17.08%), Vitamin B6: 0.3mg (14.97%), Vitamin B3: 2.91mg (14.53%), Vitamin B2: 0.16mg (9.61%), Phosphorus: 91.85mg (9.19%), Zinc: 1.16mg (7.74%), Vitamin K: 6.46µg (6.16%), Calcium: 55.51mg (5.55%), Iron: 0.93mg (5.19%), Vitamin E: 0.65mg (4.31%), Vitamin B5: 0.36mg (3.64%), Selenium: 2.39µg (3.41%)