



WHATSHATE



Bolitas de Yuca y Queso (Yuca Balls Stuffed with Cheese)



Vegetarian



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 2 eggs beaten
- ☐ 12 servings guacamole for serving
- ☐ 0.5 pound mozzarella cheese cubed
- ☐ 12 servings vegetable oil for frying
- ☐ 1 pound yuca fresh peeled

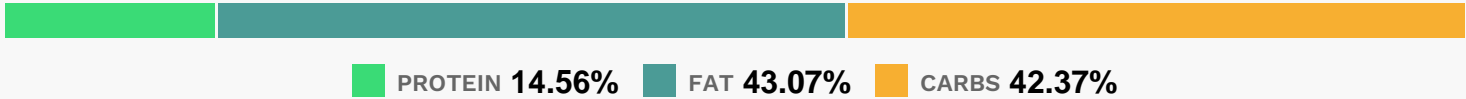
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Cook the yuca in a large pot with salted water over medium heat for about 15 minutes or until fork tender.rain the yuca and remove any fibers from the center.
- ☐ Transfer to a large bowl and mash.
- ☐ Place the eggs in a bowl.
- ☐ Place the breadcrumbs in another bowl.orm 12 balls with the mash. Flatten them with your hands and place 1 piece of cheese in the center and form the ball again to cover the cheese.Dip the balls into the beaten egg covering all sides, and then cover them with breadcrumbs.Fill a large skillet with oil and heat over medium-high heat to 350F.
- ☐ Place the balls into heated oil and fry for 4 minutes or until brown on all sides, turning over once about halfway through.
- ☐ Remove from the oil and place on a plate lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:10.69, Glycemic Load:8.51, Inflammation Score:-2, Nutrition Score:5.3578260981518%

Nutrients (% of daily need)

Calories: 171.79kcal (8.59%), Fat: 8.21g (12.64%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 17.23g (6.26%), Sugar: 1.15g (1.28%), Cholesterol: 42.21mg (14.07%), Sodium: 167.22mg (7.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Calcium: 113.95mg (11.4%), Phosphorus: 99.58mg (9.96%), Selenium: 6.87µg (9.81%), Manganese: 0.2mg (9.78%), Vitamin C: 7.89mg (9.56%), Vitamin B12: 0.51µg (8.53%), Vitamin B2: 0.12mg (7.33%), Vitamin K: 6.83µg (6.51%), Vitamin B1: 0.09mg (5.71%), Zinc: 0.85mg (5.64%), Folate: 20.6µg (5.15%), Potassium: 140.59mg (4.02%), Fiber: 0.95g (3.8%), Magnesium: 14.82mg (3.71%), Vitamin A: 173.74IU (3.47%), Vitamin B3: 0.66mg (3.32%), Vitamin B6: 0.06mg (3.04%), Iron: 0.54mg (2.98%), Copper: 0.06mg (2.93%), Vitamin E: 0.44mg (2.92%), Vitamin B5: 0.22mg (2.18%), Vitamin D: 0.22µg (1.48%)