



Carimañolas de Carne y de Queso (Meat and Cheese Stuffed Yuca)



Gluten Free



Popular

READY IN



45 min.

SERVINGS



10

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic clove minced
- ☐ 0.5 pound ground beef
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup mozzarella cheese diced
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup bell pepper red chopped
- ☐ 10 servings salt

- ☐ 10 servings salt and pepper to taste
- ☐ 1 scallion chopped
- ☐ 1 tablespoon tomato paste
- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 pound yuca fresh

Equipment

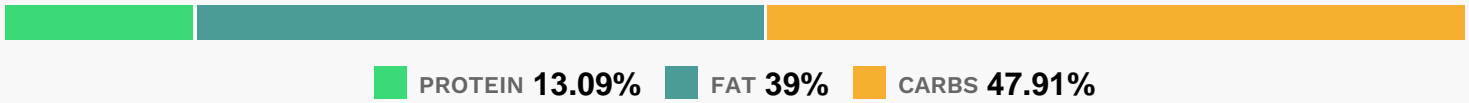
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ potato masher
- ☐ slotted spoon

Directions

- ☐ In a large pot place the yuca, salt and enough water to cover. Bring to a boil, then reduce the heat to medium and cook for about 15 minutes or until fork tender.
- ☐ Drain the yuca and remove any fiber from the center. Using a potato masher, mash the yuca, cover and set aside. To prepare the meat filling: In a large skillet, heat the oil over medium-high heat.
- ☐ Add the onions, red bell pepper and cook until soft, about 3 minutes.
- ☐ Add the garlic, scallions, cumin, salt, black pepper and cook for about 1 minute, stirring often.
- ☐ Add the ground beef and cook until the meat is cooked through, about 7 minutes.
- ☐ Add the tomato paste and cook for 2 minutes more.
- ☐ Remove from the heat, adjust the seasoning and let it cool. To make the carimañolas: Divide the yuca mixture into 10 balls. Make a hole through the center of each ball with your finger.
- ☐ Place about 1 tablespoon of meat or cheese filling and gently close the ball, giving an oval shape. In a large pot heat the vegetable oil and heat to 350° F.
- ☐ Add the carimañolas to hot oil and cook about 2 to 3 minutes until golden brown, turning them often.
- ☐ Remove from the oil with a slotted spoon and drain on paper towels.

Serve warm with ají.I received this award from Sophie of “Sophies Foodiefiles”. Thank you so much Sophie for the recognition, I really appreciate it.

Nutrition Facts



Properties

Glycemic Index:25.92, Glycemic Load:15.54, Inflammation Score:-4, Nutrition Score:7.5426086835239%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 230.8kcal (11.54%), Fat: 10g (15.39%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 27.65g (9.22%), Net Carbohydrates: 26.09g (9.49%), Sugar: 2g (2.22%), Cholesterol: 24.95mg (8.32%), Sodium: 496.04mg (21.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.11%), Vitamin C: 20.05mg (24.31%), Manganese: 0.3mg (14.87%), Vitamin B12: 0.74µg (12.35%), Zinc: 1.55mg (10.36%), Phosphorus: 99.87mg (9.99%), Vitamin K: 9.85µg (9.38%), Selenium: 5.97µg (8.52%), Potassium: 296.28mg (8.47%), Vitamin B3: 1.66mg (8.3%), Vitamin B6: 0.17mg (8.3%), Calcium: 76.78mg (7.68%), Vitamin B2: 0.11mg (6.31%), Folate: 24.95µg (6.24%), Fiber: 1.55g (6.21%), Magnesium: 22.99mg (5.75%), Vitamin B1: 0.08mg (5.39%), Copper: 0.1mg (4.79%), Vitamin A: 239.01IU (4.78%), Iron: 0.85mg (4.7%), Vitamin E: 0.61mg (4.04%), Vitamin B5: 0.23mg (2.29%)