



Fire-roasted Yucca



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



612 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 10.8 ounce chicken broth undiluted canned
- ☐ 1 teaspoon old bay seasoning
- ☐ 0.1 teaspoon pepper white
- ☐ 6 medium yucca

Equipment

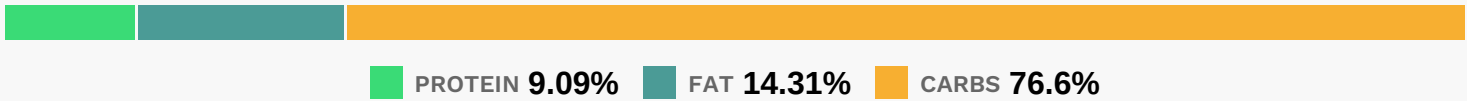
- ☐ frying pan
- ☐ oven

- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Wrap each yucca in 3 layers of heavy-duty aluminum foil.
- ☐ Place on hot coals. Roast 1 hour or until tender, turning after 30 minutes. Unwrap.
- ☐ Cook yucca over an open fire, using long-handled tongs, until skin is blackened. Cool. Peel and cut yucca into 1-inch cubes.
- ☐ Melt butter in a large skillet; add chicken broth and seasonings. Bring mixture to a boil; add yucca. Reduce heat and simmer for 10 to 15 minutes.
- ☐ Note: To prepare indoors, wrap yucca in heavy-duty aluminum foil.
- ☐ Bake at 375 for 1 hour or until tender. Using long-handled tongs or a long-handled fork, hold yucca above the flame of the gas cooktop, turning it until the skin blakens. Cools. Peels and cut into 1-inch cubes. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:13.91, Glycemic Load:67.96, Inflammation Score:-6, Nutrition Score:16.8765216703%

Nutrients (% of daily need)

Calories: 611.8kcal (30.59%), Fat: 9.72g (14.95%), Saturated Fat: 4.74g (29.61%), Carbohydrates: 117g (39%), Net Carbohydrates: 111.45g (40.53%), Sugar: 5.21g (5.79%), Cholesterol: 34.3mg (11.43%), Sodium: 272.14mg (11.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.77%), Vitamin C: 63.07mg (76.45%), Manganese: 1.19mg (59.68%), Potassium: 890.98mg (25.46%), Fiber: 5.54g (22.18%), Folate: 83.94µg (20.99%), Magnesium: 72.23mg (18.06%), Vitamin B1: 0.27mg (17.82%), Vitamin B3: 3.54mg (17.69%), Vitamin B6: 0.35mg (17.26%), Copper: 0.33mg (16.37%), Phosphorus: 143.09mg (14.31%), Zinc: 2.01mg (13.38%), Selenium: 9.24µg (13.2%), Vitamin B2: 0.19mg (11.05%), Vitamin K: 9.2µg (8.76%), Iron: 1.42mg (7.86%), Vitamin B12: 0.39µg (6.55%), Calcium: 58.57mg (5.86%), Vitamin A: 291.06IU (5.82%), Vitamin E: 0.87mg (5.81%), Vitamin B5: 0.34mg (3.35%)