



Fried Yuca with Spicy Mayo

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



4678 kcal

SIDE DISH

Ingredients

- 2 tablespoons ají mirasol paste (see note above)
- 2 tablespoons feta cheese grated
- 0.3 cup cilantro leaves fresh loosely packed
- 1 jalapeno seeds removed, roughly chopped.
- 4 servings kosher salt
- 1 tablespoon juice of lime
- 0.5 cup mayonnaise
- 2 quarts vegetable oil

1.5 pounds cassava fresh (2 roots)

Equipment

paper towels

pot

blender

wok

dutch oven

immersion blender

Directions

Peel yuca, split in half crosswise, and cut into 1/2- to 3/4-inch thick batons.

Place in a pot and cover with cold water by 2 inches. Season well with salt. Bring to a boil over high heat, reduce to a simmer, and cook until tender and yuca is starting to fray, about 15 minutes.

Drain.

While yuca is cooking, combine mayonnaise, aji amarillo, lime juice, jalapeño, cilantro, and cheese in the jar of a blender and blend on high speed until smooth. Alternatively, blend in a up with a hand blender. Season to taste with salt if necessary. Set aside.

When yuca is boiled, heat oil to 350°F in a fryer, Dutch oven, or large wok over high heat. Adjust flame to maintain temperature.

Add yuca and cook, agitating and flipping frequently, until golden brown and crisp, about 3 minutes.

Transfer to a paper towel-lined tray and shake to drain. Season with salt.

Serve immediately with sauce for dipping.

Nutrition Facts

 PROTEIN 0.34%  FAT 93.93%  CARBS 5.73%

Properties

Glycemic Index:50.56, Glycemic Load:37.99, Inflammation Score:-8, Nutrition Score:18.589999971182%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 4678.46kcal (233.92%), Fat: 496.47g (763.8%), Saturated Fat: 76.7g (479.4%), Carbohydrates: 68.11g (22.7%), Net Carbohydrates: 64.86g (23.59%), Sugar: 3.98g (4.43%), Cholesterol: 19.33mg (6.44%), Sodium: 494.54mg (21.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin K: 923.06µg (879.11%), Vitamin E: 40.14mg (267.61%), Vitamin C: 41.87mg (50.75%), Manganese: 0.67mg (33.32%), Potassium: 519.75mg (14.85%), Folate: 52.79µg (13.2%), Fiber: 3.24g (12.97%), Vitamin B1: 0.17mg (11.61%), Vitamin B6: 0.22mg (10.92%), Vitamin B2: 0.17mg (9.94%), Magnesium: 39.67mg (9.92%), Copper: 0.19mg (9.68%), Phosphorus: 86.53mg (8.65%), Vitamin B3: 1.73mg (8.63%), Calcium: 74.7mg (7.47%), Zinc: 0.89mg (5.94%), Selenium: 3.22µg (4.61%), Iron: 0.76mg (4.24%), Vitamin A: 199.19IU (3.98%), Vitamin B5: 0.33mg (3.34%), Vitamin B12: 0.18µg (2.95%)