



Fufu



Vegetarian



Gluten Free



Low Fod Map

READY IN



75 min.

SERVINGS



10

CALORIES



452 kcal

SIDE DISH

Ingredients



0.5 cup butter



5 plantains yellow



4 yucca roots peeled sliced cassava

Equipment



pot



hand mixer

Directions

- ☐ Place the cassava and plantains (with peels on) into a large pot, and fill with enough water to cover. Bring to a boil, and cook until cassava is soft, about 30 minutes; drain.
- ☐ Remove and discard peels from plantains, and return them to the pot. Mash with butter, then beat with an electric mixer until smooth. Use as much butter as needed to get the mixture moist enough to blend.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:36.25, Inflammation Score:-8, Nutrition Score:14.066086937552%

Nutrients (% of daily need)

Calories: 451.69kcal (22.58%), Fat: 9.98g (15.35%), Saturated Fat: 5.95g (37.22%), Carbohydrates: 90.67g (30.22%), Net Carbohydrates: 86.21g (31.35%), Sugar: 18.44g (20.49%), Cholesterol: 24.4mg (8.13%), Sodium: 99.41mg (4.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin C: 50.09mg (60.71%), Manganese: 0.76mg (37.78%), Vitamin K: 29.67µg (28.26%), Vitamin A: 1316.2IU (26.32%), Potassium: 880.86mg (25.17%), Vitamin B6: 0.36mg (18.03%), Fiber: 4.46g (17.84%), Magnesium: 66.72mg (16.68%), Folate: 64.09µg (16.02%), Vitamin B1: 0.2mg (13.2%), Copper: 0.23mg (11.47%), Vitamin B3: 2mg (10%), Vitamin B2: 0.15mg (8.84%), Phosphorus: 75.43mg (7.54%), Iron: 0.94mg (5.2%), Zinc: 0.74mg (4.9%), Vitamin B5: 0.46mg (4.56%), Vitamin E: 0.57mg (3.82%), Selenium: 2.6µg (3.71%), Calcium: 31.52mg (3.15%)