



Grilled Yucca with Huancaína Sauce

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



650 kcal

SIDE DISH

Ingredients

- 1 aji amarillo–pineapple salsa diced seeds removed,
- 4 tablespoons butter melted
- 4 tablespoons canola oil
- 4 servings cilantro leaves for garnish, optional
- 5 ounces mozzarella cheese fresh
- 1 clove garlic
- 1 hardboiled egg chopped for garnish, optional
- 0.5 cup heavy cream

- 4 servings niçoise olives for garnish, optional
- 0.5 onion diced red
- 4 servings salt
- 4 servings salt and pepper
- 1 yucca whole

Equipment

- frying pan
- pot
- blender
- grill

Directions

- Peel yucca and cut into 4 cylinders; then split in half and remove the root.
- Place yucca in a large pot.
- Add enough water to cover yucca and season with salt. Bring to a boil and simmer until fork tender, about 30 minutes.
- Remove from heat and allow to cool.
- Brush with butter and place on grill. Cook about 3 to 4 minutes per side.
- Remove and season with salt.
- Meanwhile, in a skillet, heat 2 tablespoons oil over medium heat.
- Add onion, aji, and garlic. Season with salt and pepper and saute until onion becomes translucent.
- Remove from heat and add to blender.
- Add cheese and hard-boiled egg and blend.
- Slowly drizzle in heavy cream and remaining 2 tablespoons oil until sauce consistency. Adjust salt before serving.
- Serve yucca with huancaína sauce, garnished with hard-boiled egg, olives, and cilantro.

Nutrition Facts



■ PROTEIN 7.41% ■ FAT 66.52% ■ CARBS 26.07%

Properties

Glycemic Index:68.06, Glycemic Load:23.25, Inflammation Score:-7, Nutrition Score:13.386086940765%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 650.12kcal (32.51%), Fat: 48.71g (74.93%), Saturated Fat: 20.63g (128.91%), Carbohydrates: 42.96g (14.32%), Net Carbohydrates: 40.2g (14.62%), Sugar: 3.86g (4.28%), Cholesterol: 138.34mg (46.11%), Sodium: 1050.39mg (45.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.4%), Vitamin C: 23.55mg (28.54%), Vitamin E: 4.21mg (28.08%), Calcium: 239.85mg (23.99%), Vitamin A: 1197.83IU (23.96%), Manganese: 0.44mg (21.95%), Phosphorus: 201.41mg (20.14%), Selenium: 11.98µg (17.12%), Vitamin B12: 1.02µg (16.97%), Vitamin B2: 0.28mg (16.52%), Vitamin K: 15.47µg (14.73%), Fiber: 2.76g (11.04%), Potassium: 385.22mg (11.01%), Zinc: 1.64mg (10.94%), Folate: 40.6µg (10.15%), Magnesium: 36.09mg (9.02%), Vitamin B1: 0.13mg (8.46%), Vitamin B6: 0.16mg (8.24%), Copper: 0.14mg (7.19%), Vitamin D: 0.89µg (5.95%), Vitamin B3: 1.02mg (5.1%), Vitamin B5: 0.45mg (4.53%), Iron: 0.76mg (4.25%)