



Mashed Yucca with Garlic

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



529 kcal

SIDE DISH

Ingredients

- 2 garlic clove minced
- 2 teaspoons salt
- 1.8 cups milk hot
- 1 tablespoon juice of lime fresh
- 4 lb cassava fresh (also called cassava; preferably 2 inches in diameter)

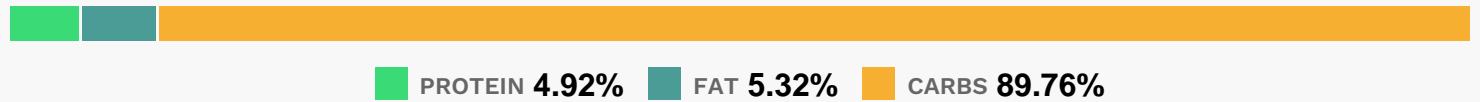
Equipment

- pot
- cutting board

Directions

- Trim ends from fresh yuca and peel remainder, removing all waxy brown skin and pinkish layer underneath.
- Cut yuca into 3-inch-thick pieces.
- Boil yuca in salted water to cover by 2 inches until tender and starting to fall apart, 50 minutes to 1 1/4 hours.
- Drain and transfer to a cutting board. Carefully halve hot yuca pieces lengthwise and remove thin woody cores. Return yuca to pot with 1 3/4 cups milk, garlic, juice, and salt. Coarsely mash yuca, adding additional milk if desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.54, Glycemic Load:68.52, Inflammation Score:-6, Nutrition Score:16.584347724915%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 528.65kcal (26.43%), Fat: 3.13g (4.82%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 118.96g (39.65%), Net Carbohydrates: 113.48g (41.27%), Sugar: 8.62g (9.57%), Cholesterol: 8.54mg (2.85%), Sodium: 844.76mg (36.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Vitamin C: 63.36mg (76.79%), Manganese: 1.18mg (59.16%), Potassium: 933.34mg (26.67%), Fiber: 5.47g (21.9%), Folate: 81.93µg (20.48%), Vitamin B1: 0.31mg (20.37%), Magnesium: 72.51mg (18.13%), Vitamin B6: 0.32mg (16.14%), Phosphorus: 155.4mg (15.54%), Copper: 0.31mg (15.37%), Vitamin B2: 0.24mg (14.4%), Calcium: 138.56mg (13.86%), Vitamin B3: 2.67mg (13.34%), Zinc: 1.34mg (8.9%), Vitamin B12: 0.38µg (6.41%), Vitamin B5: 0.6mg (5.98%), Vitamin K: 5.99µg (5.71%), Vitamin D: 0.78µg (5.22%), Selenium: 3.62µg (5.16%), Iron: 0.84mg (4.68%), Vitamin E: 0.62mg (4.11%), Vitamin A: 155.94IU (3.12%)