



Pastel de Yuca con Carne (Cassava and Beef Casserole)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup cheddar cheese grated
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 pound ground beef
- ☐ 0.5 cup milk

- ☐ 1 tablespoon olive oil
- ☐ 2 onions peeled finely chopped
- ☐ 0.5 cup parmesan grated
- ☐ 0.5 cup bell pepper red chopped
- ☐ 6 servings salt and pepper
- ☐ 6 servings salt and pepper black
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup tomato sauce
- ☐ 2 pounds yuca fresh

Equipment

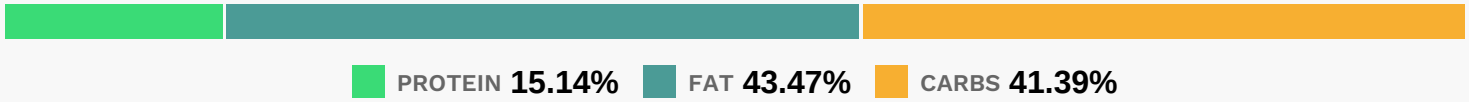
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Heat the oil over medium-high heat in a sauce pan. Cook the beef.
- ☐ Remove the meat from the pan with a slotted spoon.
- ☐ Add the onions to the pan and saute until the onions are soft, about 5 minutes.
- ☐ Add the garlic and red bell pepper and cook for 5 minutes more.
- ☐ Add the tomato paste, cilantro, parsley and tomato sauce. Stir and cook for 2 minutes more. Season with salt and pepper. Return the meat to the pan and cook over medium-low heat for about 30 minutes until the beef is fully cooked. Pre-heat the oven to 400 degrees F.
- ☐ Place the yuca into pieces and place into a pot of cold, salted water. Bring the water to a boil and cook it until is tender, about 10 minutes.
- ☐ Drain the yuca and return it to the pot.

- ☐
- Add the butter, milk and mash it to make a puree. Season with salt and pepper.
- ☐
- Spread half of the mashed yuca evenly in a baking dish.When the meat is ready, put it on top of the yuca and spread the remaining mashed yuca evenly all over the top.
- ☐
- Add the cheeses over the yuca and bake the casserole until the top is golden, about 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:74.38, Glycemic Load:36.08, Inflammation Score:-8, Nutrition Score:23.142608570016%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 642.12kcal (32.11%), Fat: 31.09g (47.83%), Saturated Fat: 14.04g (87.75%), Carbohydrates: 66.62g (22.21%), Net Carbohydrates: 62.23g (22.63%), Sugar: 7.56g (8.4%), Cholesterol: 90.65mg (30.22%), Sodium: 971.12mg (42.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.36g (48.72%), Vitamin C: 54.59mg (66.17%), Manganese: 0.73mg (36.66%), Phosphorus: 355.86mg (35.59%), Vitamin B12: 2.04µg (33.92%), Zinc: 4.91mg (32.72%), Calcium: 315.71mg (31.57%), Selenium: 20.83µg (29.76%), Vitamin B6: 0.56mg (27.78%), Vitamin B3: 5.21mg (26.07%), Potassium: 906.2mg (25.89%), Vitamin B2: 0.38mg (22.26%), Vitamin A: 1095.28IU (21.91%), Vitamin K: 20.19µg (19.23%), Fiber: 4.38g (17.54%), Magnesium: 69.04mg (17.26%), Folate: 68.61µg (17.15%), Vitamin B1: 0.22mg (14.87%), Iron: 2.66mg (14.79%), Copper: 0.29mg (14.28%), Vitamin E: 2.13mg (14.18%), Vitamin B5: 0.96mg (9.65%), Vitamin D: 0.45µg (3.03%)