



Roasted Cassava (Yuca Asada)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

Ingredients



1 teaspoon cilantro leaves dried



1 teaspoon garlic powder



1 teaspoon ground cumin powder



2 Tablespoons juice of lime fresh



4 tablespoons olive oil



1 teaspoon onion powder



1 teaspoon parsley leaves dried



6 servings bell pepper

- ☐ 6 servings salt
- ☐ 1 pound yuca frozen

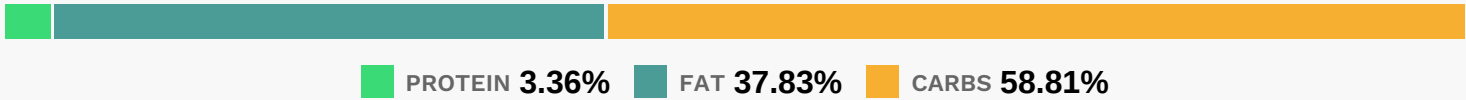
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400° FIn a large pot with salted water cook the yuca for 15 minutes.
- ☐ Drain a set aside.In a medium bowl mix the olive oil, spices, salt and pepper.
- ☐ Add the yuca to the mixture, tossing to coat.Arrange the yuca mixture in a single layer in a baking dish coated with cooking spray and bake 30 to 40 minutes or until the yuca is tender and browned.Stir in lime juice, sprinkle salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:22.54, Glycemic Load:17.75, Inflammation Score:-9, Nutrition Score:13.010869539302%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 228.18kcal (11.41%), Fat: 9.85g (15.16%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 34.47g (11.49%), Net Carbohydrates: 31.39g (11.42%), Sugar: 4.54g (5.05%), Cholesterol: 0mg (0%), Sodium: 208.79mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin C: 112.66mg (136.56%), Vitamin A: 2351.54IU (47.03%), Manganese: 0.4mg (19.83%), Vitamin E: 2.69mg (17.94%), Vitamin B6: 0.3mg (14.87%), Folate: 55.73µg

(13.93%), Fiber: 3.08g (12.31%), Potassium: 384.1mg (10.97%), Vitamin K: 11.27µg (10.73%), Vitamin B1: 0.11mg (7.55%), Vitamin B3: 1.4mg (7.02%), Magnesium: 27.33mg (6.83%), Vitamin B2: 0.1mg (6.04%), Copper: 0.1mg (4.88%), Iron: 0.85mg (4.74%), Phosphorus: 45.38mg (4.54%), Vitamin B5: 0.33mg (3.29%), Zinc: 0.49mg (3.29%), Calcium: 23.23mg (2.32%), Selenium: 0.8µg (1.14%)