



Yuca Chorriada con Chorizo (Cassava with Chorizo and Cheese Sauce)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



498 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup heavy whipping cream
- ☐ 1 cup mozzarella cheese shredded white
- ☐ 6 servings bell pepper to taste
- ☐ 6 servings salt to your taste
- ☐ 3 scallions cut into pieces

- ☐ 1.5 cups tomatoes diced peeled
- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups water
- ☐ 2 pounds yuca fresh peeled (cassava)

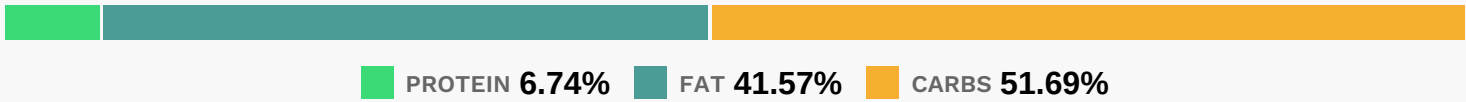
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place the yuca, water and salt in a medium pot. Cover with water and bring to a boil and cook about 30 minutes or until tender.
- ☐ Drain and set aside.While the yuca is cooking, heat the oil and butter in a frying pan over medium heat.
- ☐ Add the scallions and tomatoes, stir and cook about 7 minutes.
- ☐ Add cumin, salt and pepper. Stir and cook 2 minutes more.
- ☐ Add cream and cheese.
- ☐ Mix well and turn down the heat and cook for 3 minutes or until cheese has melted.
- ☐ Place the yuca in a serving dish, add the chorizo slices and pour the sauce on top.
- ☐ Serve it warm and garnish with scallions.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:35.1, Inflammation Score:-10, Nutrition Score:20.551738925602%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin:

1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 498.17kcal (24.91%), Fat: 23.42g (36.03%), Saturated Fat: 13.29g (83.09%), Carbohydrates: 65.54g (21.85%), Net Carbohydrates: 60.63g (22.05%), Sugar: 8.17g (9.08%), Cholesterol: 64.59mg (21.53%), Sodium: 371.68mg (16.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.09%), Vitamin C: 132.99mg (161.2%), Vitamin A: 3492.08IU (69.84%), Manganese: 0.73mg (36.41%), Vitamin K: 27.93µg (26.6%), Folate: 87.5µg (21.88%), Potassium: 727.23mg (20.78%), Vitamin B6: 0.4mg (20.24%), Fiber: 4.91g (19.63%), Calcium: 164.86mg (16.49%), Vitamin B2: 0.28mg (16.27%), Phosphorus: 161.83mg (16.18%), Vitamin E: 2.34mg (15.63%), Magnesium: 54.74mg (13.68%), Vitamin B1: 0.2mg (13.57%), Vitamin B3: 2.33mg (11.63%), Copper: 0.22mg (11.2%), Zinc: 1.45mg (9.69%), Vitamin B12: 0.49µg (8.22%), Selenium: 5.56µg (7.95%), Iron: 1.15mg (6.41%), Vitamin B5: 0.57mg (5.66%), Vitamin D: 0.71µg (4.73%)