



Yuca-Coconut Cake (Enyucado)



Vegetarian



Gluten Free

READY IN



160 min.

SERVINGS



8

CALORIES



336 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons aniseed crushed
- ☐ 1 tablespoon butter melted
- ☐ 1 cup coconut or fresh grated
- ☐ 0.8 cup lite coconut milk light
- ☐ 1 cup monterrey jack cheese shredded reduced-fat
- ☐ 1 Dash salt
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

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3.5 cups cassava fresh finely grated peeled (cassava)

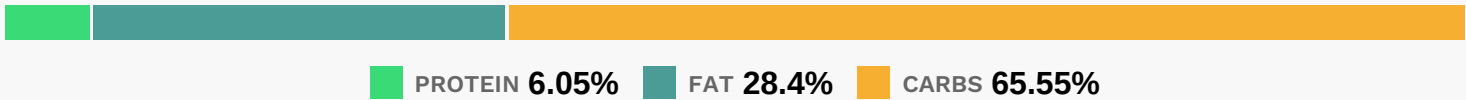
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Place a 10-inch cast-iron skillet in oven 10 minutes.
- ☐ Combine first 9 ingredients in a large bowl, stirring well.
- ☐ Coat preheated pan with cooking spray; pour yuca mixture in pan, spreading evenly.
- ☐ Bake at 350 for 2 hours or until cake feels a little spongy when pressed and top is crisp. Cool on a wire rack 10 minutes.
- ☐ Run a knife around edge of skillet to loosen cake.
- ☐ Cut into 8 wedges.
- ☐ Serve warm. Store cake tightly covered in refrigerator up to 4 days.

Nutrition Facts



Properties

Glycemic Index:27.92, Glycemic Load:33.2, Inflammation Score:-3, Nutrition Score:6.9543477996536%

Nutrients (% of daily need)

Calories: 335.77kcal (16.79%), Fat: 10.69g (16.45%), Saturated Fat: 7.89g (49.29%), Carbohydrates: 55.53g (18.51%), Net Carbohydrates: 52.94g (19.25%), Sugar: 21g (23.34%), Cholesterol: 16.33mg (5.44%), Sodium: 131.4mg (5.71%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 5.12g (10.24%), Manganese: 0.51mg (25.55%), Vitamin C: 19mg (23.03%), Calcium: 125.09mg (12.51%), Fiber: 2.6g (10.38%), Phosphorus: 101mg (10.1%), Potassium: 300.02mg

(8.57%), Folate: 29.58µg (7.39%), Copper: 0.14mg (7.22%), Magnesium: 26.89mg (6.72%), Vitamin B2: 0.11mg (6.26%), Vitamin B1: 0.09mg (5.93%), Zinc: 0.87mg (5.8%), Selenium: 3.84µg (5.49%), Vitamin B6: 0.1mg (4.97%), Iron: 0.78mg (4.35%), Vitamin B3: 0.86mg (4.27%), Vitamin A: 165.63IU (3.31%), Vitamin K: 2.21µg (2.1%), Vitamin B12: 0.12µg (2%), Vitamin E: 0.27mg (1.82%), Vitamin B5: 0.16mg (1.62%)