



Yuca Fries with Chipotle Mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1135 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons sauce from can canned minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup mayonnaise
- ☐ 6 cups vegetable oil
- ☐ 2 lb yuca fresh with a knife and cut lengthwise into 1/3-inch-thick fries,) peeled

Equipment

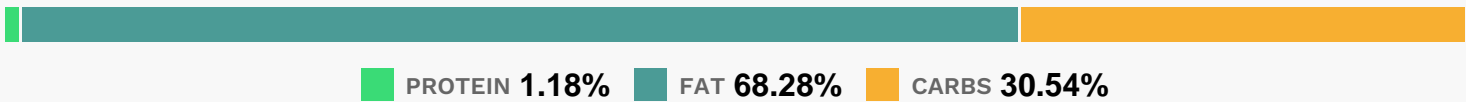
- ☐ bowl
- ☐ paper towels

- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Cook fresh or frozen yuca with 1 tablespoon oil in a 6- to 8-quart pot of boiling salted water, uncovered, until tender when pierced with a knife and almost translucent, 8 to 12 minutes for fresh or 10 to 15 for frozen.
- ☐ Transfer with a slotted spoon to several layers of paper towels to drain and let stand 5 minutes. If using frozen yuca, cut pieces into 1/3-inch-thick fries, discarding any fibrous core.
- ☐ Preheat oven to 200°F.
- ☐ Heat about 1 1/2 inches oil in a 4- to 5-quart heavy pot over moderately high heat until it registers 360°F on thermometer.
- ☐ Meanwhile, stir together mayonnaise, lime juice, and minced chipotles (or sauce) in a small bowl.
- ☐ Working in 3 batches, fry yuca, turning, until golden, 5 to 7 minutes per batch, then transfer to paper towels to drain briefly and season with salt. (Return oil to 360°F between batches.) Arrange fries in 1 layer in a shallow baking pan and keep warm in oven while frying remaining batches.
- ☐ Serve with chipotle mayonnaise.

Nutrition Facts



Properties

Glycemic Index:27.81, Glycemic Load:50.45, Inflammation Score:-7, Nutrition Score:17.032173952331%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1134.95kcal (56.75%), Fat: 86.98g (133.82%), Saturated Fat: 13.42g (83.87%), Carbohydrates: 87.53g (29.18%), Net Carbohydrates: 83.16g (30.24%), Sugar: 4.31g (4.79%), Cholesterol: 11.76mg (3.92%), Sodium: 209.73mg (9.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.77%), Vitamin K: 170.26µg (162.16%), Vitamin C: 48.97mg (59.36%), Vitamin E: 6.72mg (44.77%), Manganese: 0.87mg (43.71%), Potassium: 628.99mg (17.97%), Fiber: 4.36g (17.45%), Folate: 63.38µg (15.85%), Vitamin B1: 0.2mg (13.47%), Magnesium: 48.51mg (12.13%), Copper: 0.23mg (11.71%), Vitamin B6: 0.2mg (10.23%), Vitamin B3: 1.95mg (9.74%), Phosphorus: 68.17mg (6.82%), Vitamin B2: 0.12mg (6.78%), Zinc: 0.82mg (5.46%), Iron: 0.75mg (4.17%), Calcium: 39.58mg (3.96%), Selenium: 2.24µg (3.2%), Vitamin B5: 0.3mg (3%), Vitamin A: 51.56IU (1.03%)