



Yuca Fries with Mojo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



569 min.

SERVINGS



6

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 6 garlic cloves pressed
- ☐ 0.8 teaspoon ground cumin
- ☐ 3 tablespoons juice of lime fresh
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons onion finely chopped
- ☐ 1 teaspoon orange juice fresh

- ☐ 1 teaspoon salt divided
- ☐ 2 tablespoons vegetable broth fat-free organic
- ☐ 1.5 pounds yuca fresh thawed (cassava)

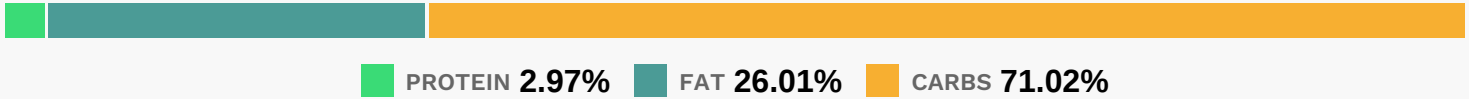
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Peel yuca, and cut into 48 (3 x 1/2-inch) sticks; discard any tough fibers from yuca.
- ☐ Place yuca and 1/2 teaspoon salt in a large saucepan; cover with water. Bring to boil over high heat. Cover, reduce heat to medium, and cook 25 minutes.
- ☐ Drain; cool completely. Cover and chill 8 hours or up to 3 days.
- ☐ Preheat oven to 450
- ☐ Place a large baking sheet in oven.
- ☐ Remove yuca sticks from refrigerator; let stand at room temperature 20 minutes. Pat dry with paper towels. Coat yuca sticks with cooking spray, and arrange in a single layer on preheated pan.
- ☐ Bake at 450 for 12 to 15 minutes or until golden brown on bottom. Turn sticks over, and bake an additional 12 to 15 minutes or until golden brown on bottom.
- ☐ While yuca sticks cook, heat a small saucepan over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion, cumin, and garlic; saut 2 minutes or until golden.
- ☐ Add broth and juices; bring to boil, and cook 2 minutes.
- ☐ Remove from heat; stir in 1/4 teaspoon salt and pepper.
- ☐ Remove yuca sticks from oven; toss with remaining 1/4 teaspoon salt and parsley.
- ☐ Serve with mojo sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:25.65, Inflammation Score:-4, Nutrition Score:7.8960870193399%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 253.4kcal (12.67%), Fat: 7.41g (11.4%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 45.53g (15.18%), Net Carbohydrates: 43.24g (15.73%), Sugar: 2.38g (2.65%), Cholesterol: 0mg (0%), Sodium: 425.58mg (18.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin C: 29.17mg (35.36%), Vitamin K: 28.5µg (27.14%), Manganese: 0.51mg (25.68%), Potassium: 348.43mg (9.96%), Fiber: 2.28g (9.14%), Folate: 34.51µg (8.63%), Vitamin E: 1.26mg (8.42%), Vitamin B1: 0.11mg (7.46%), Vitamin B6: 0.15mg (7.34%), Magnesium: 27.36mg (6.84%), Copper: 0.13mg (6.59%), Vitamin B3: 1.04mg (5.19%), Phosphorus: 39.58mg (3.96%), Iron: 0.67mg (3.74%), Vitamin B2: 0.06mg (3.67%), Zinc: 0.46mg (3.07%), Calcium: 30.37mg (3.04%), Vitamin A: 147.76IU (2.96%), Selenium: 1.26µg (1.81%), Vitamin B5: 0.16mg (1.61%)