



Yuca Frita (Fried Cassava)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



366 kcal

SIDE DISH

Ingredients



0.5 tablespoon salt



6 servings vegetable oil



2 Lb yuca fresh (cassava)

Equipment



frying pan



paper towels



pot

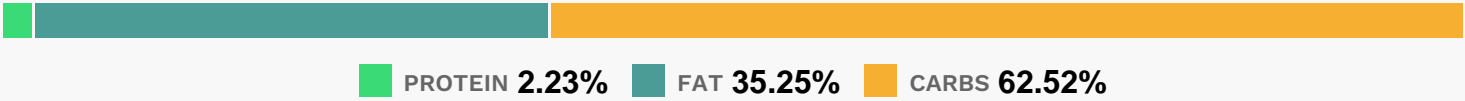


slotted spoon

Directions

- ☐ In a large pot cover the yuca with water, add salt and bring to a boil, reduce the heat to medium low and cook about 15 to 20 minutes or until is tender.
- ☐ Remove the yuca from the water and pat dry with paper towels.
- ☐ Cut the cooked yuca into ½ – inch strips.Fill a large frying pan with enough vegetable oil to 350° F. When the oil is hot, place the yuca into the heated oil carefully. Fry them until golden brown on both sides about 6 to 8 minutes.
- ☐ Remove the yuca pieces from the oil using a slotted spoon and drain on paper towels.
- ☐ Sprinkle with salt and serve.

Nutrition Facts



Properties

Glycemic Index:10.21, Glycemic Load:33.58, Inflammation Score:-3, Nutrition Score:8.4326087702876%

Nutrients (% of daily need)

Calories: 365.68kcal (18.28%), Fat: 14.42g (22.19%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 57.55g (19.18%), Net Carbohydrates: 54.82g (19.94%), Sugar: 2.57g (2.86%), Cholesterol: 0mg (0%), Sodium: 602.54mg (26.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Vitamin C: 31.15mg (37.75%), Manganese: 0.58mg (29.1%), Vitamin K: 28.62µg (27.26%), Potassium: 409.87mg (11.71%), Fiber: 2.72g (10.89%), Folate: 40.82µg (10.21%), Vitamin E: 1.43mg (9.55%), Vitamin B1: 0.13mg (8.77%), Magnesium: 31.77mg (7.94%), Copper: 0.15mg (7.58%), Vitamin B6: 0.13mg (6.65%), Vitamin B3: 1.29mg (6.46%), Vitamin B2: 0.07mg (4.27%), Phosphorus: 40.82mg (4.08%), Zinc: 0.52mg (3.44%), Calcium: 24.55mg (2.46%), Iron: 0.42mg (2.31%), Vitamin B5: 0.16mg (1.62%), Selenium: 1.06µg (1.51%)