



Yuca Gratin (Yuca Gratinada)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



509 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoon butter
- ☐ 1 eggs beaten
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 2 cups heavy cream
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 servings salt and pepper

☐ 1 vegetable bouillon

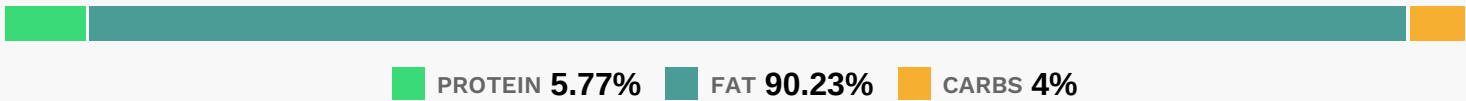
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Cook the yuca in a large pot with salted water over medium heat for about 15 minutes or until fork tender.Adjust oven rack in the middle position and preheat to 375° F.
- ☐ Drain the yuca and remove any fibers from the center.
- ☐ Transfer to a large bowl and mash.
- ☐ Heat the heavy cream, chicken or vegetable bouillon, garlic, butter and salt in a small pot over medium heat.
- ☐ Add the cream mixture, beaten egg, parsley and chives to the mashed yuca and mix well.
- ☐ Transfer the yuca mixture to a greased baking dish, sprinkle with the parmesan cheese on top and bake for about 30 minutes or until golden in some parts.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:0.17, Inflammation Score:-8, Nutrition Score:9.7256522593291%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 509.02kcal (25.45%), Fat: 52.05g (80.08%), Saturated Fat: 32.61g (203.81%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 5.05g (1.84%), Sugar: 3.59g (3.99%), Cholesterol: 197.69mg (65.9%), Sodium: 434.8mg (18.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.5g (14.99%), Vitamin A: 2290.16IU (45.8%), Vitamin K: 40.49µg (38.56%), Vitamin B2: 0.31mg (18.26%), Calcium: 167.02mg (16.7%), Phosphorus: 149.64mg (14.96%), Selenium: 10.16µg (14.52%), Vitamin D: 2.17µg (14.44%), Vitamin E: 1.43mg (9.56%), Vitamin B12: 0.41µg (6.88%), Vitamin C: 4.71mg (5.71%), Zinc: 0.84mg (5.62%), Vitamin B5: 0.53mg (5.29%), Potassium: 166.82mg (4.77%), Vitamin B6: 0.09mg (4.49%), Folate: 15.3µg (3.83%), Magnesium: 14.72mg (3.68%), Iron: 0.53mg (2.92%), Vitamin B1: 0.04mg (2.45%), Manganese: 0.05mg (2.29%), Copper: 0.03mg (1.72%)