



Yuca With Garlic-Lime Mojo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup olive oil extra virgin
- ☐ 6 garlic clove pressed
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 teaspoons salt divided
- ☐ 1 large onion sweet finely chopped
- ☐ 2 pounds cassava peeled halved cut into 3- to 4-inch pieces*

Equipment

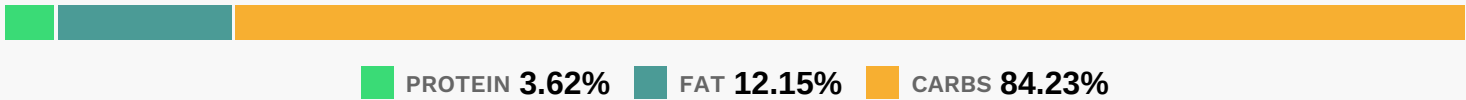
- ☐ bowl

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Bring yuca with water to cover and 2 teaspoons salt to a boil in a large Dutch oven over medium-high heat. Cover, reduce heat to medium-low, and simmer 25 minutes or until tender.
- ☐ Drain well.
- ☐ Transfer yuca to a large bowl or serving platter, and keep warm.
- ☐ Stir together remaining 1 teaspoon salt, garlic, and next 3 ingredients in saucepan over medium heat; cook, stirring occasionally, 8 to 10 minutes or until onion is translucent. Spoon garlic mixture evenly over yuca; top with onion rings, if desired, and serve immediately.
- ☐ *1 (24-ounce) package frozen yuca, thawed, may be substituted for fresh.

Nutrition Facts



Properties

Glycemic Index:11.41, Glycemic Load:25.39, Inflammation Score:-4, Nutrition Score:6.9117392418177%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 224.42kcal (11.22%), Fat: 3.07g (4.72%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 47.88g (15.96%), Net Carbohydrates: 45.38g (16.5%), Sugar: 4.2g (4.66%), Cholesterol: 0mg (0%), Sodium: 891.88mg (38.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin C: 29.07mg (35.24%), Manganese: 0.51mg (25.43%), Potassium: 377.57mg (10.79%), Folate: 41.21µg (10.3%), Fiber: 2.5g (10%), Vitamin B6: 0.19mg (9.27%), Vitamin B1: 0.12mg (8.18%), Copper: 0.15mg (7.33%), Magnesium: 28.93mg (7.23%), Vitamin B3: 1.05mg

(5.27%), Phosphorus: 46.64mg (4.66%), Vitamin E: 0.64mg (4.24%), Vitamin B2: 0.07mg (3.92%), Vitamin K: 4µg (3.81%), Calcium: 32.47mg (3.25%), Zinc: 0.48mg (3.17%), Iron: 0.48mg (2.69%), Selenium: 1.33µg (1.9%), Vitamin B5: 0.19mg (1.88%)