



Yuca with Mojo Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

SIDE DISH

Ingredients

- 2 pounds cassava (2 yuca)
- 2 teaspoons coarse salt
- 0.5 cup olive oil extra virgin extra-virgin
- 6 garlic clove minced well
- 0.5 small onion white thinly sliced
- 1 juice of lemon juiced

Equipment

- frying pan

whisk

pot

Directions

Peel and halve the yuca roots.

Place yuca in a large pot with 1 teaspoon salt and cover with water. Bring to a boil and cook for 20 minutes or until just tender. Do not overcook or it will get slimy/mushy. When cooked, let sit in the warm water until ready to serve.

Meanwhile, make Mojo sauce.

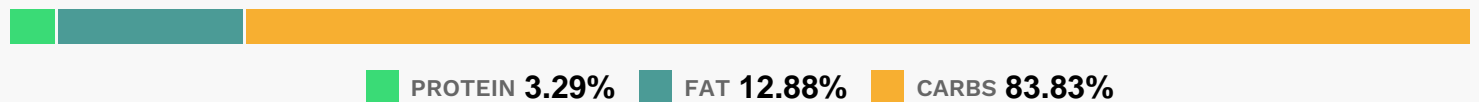
Heat a small skillet over medium heat and add the olive oil.

Add garlic, onion, and remaining teaspoon salt and cook until onion is softened, about 2 minutes. Turn off heat and whisk in the juice of one lemon.

Drain yuca and transfer to serving dish.

Drizzle Mojo over top and serve warm.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:50.97, Inflammation Score:-5, Nutrition Score:12.005652121876%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 422.46kcal (21.12%), Fat: 6.08g (9.36%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 89.14g (29.71%), Net Carbohydrates: 84.79g (30.83%), Sugar: 4.46g (4.96%), Cholesterol: 0mg (0%), Sodium: 1195.79mg (51.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Vitamin C: 51.67mg (62.64%), Manganese: 0.96mg (48.07%), Potassium: 653.46mg (18.67%), Fiber: 4.35g (17.39%), Folate: 64.53µg (16.13%), Vitamin B1:

0.21mg (14.14%), Vitamin B6: 0.27mg (13.47%), Magnesium: 50.11mg (12.53%), Copper: 0.25mg (12.29%), Vitamin B3: 1.99mg (9.93%), Vitamin E: 1.23mg (8.17%), Vitamin K: 7.67µg (7.31%), Phosphorus: 71.26mg (7.13%), Vitamin B2: 0.12mg (6.9%), Zinc: 0.84mg (5.63%), Calcium: 47.67mg (4.77%), Iron: 0.75mg (4.19%), Selenium: 2.28µg (3.26%), Vitamin B5: 0.29mg (2.9%)