



## Baked Yuca Fries (PKU-Friendly)

These fries can be made using your favorite seasonings.

These are a delicious snack or side dish! Note: Yuca may be labeled as "Cassava" at your grocery store.

<b>U.S.</b>		<b>Metric</b>	<b>Phe (mg)</b>	<b>Pro (g)</b>
12 oz	Yuca, washed, peeled, cut 1/4" sticks	340 g	146mg	4.62 g
1 1/2 tsp	Olive oil	7 mL	0	0
1 tsp	Chili powder	3 g	0	0
1/4 tsp	Garlic powder	.75 g	0	0
1/2 tsp	Onion powder	2.5 mL	0	0
1/4 tsp	Cumin	1.5 g	0	0
1 tsp	Salt	6 g	0	0
To Taste	Black pepper, ground	To Taste	0	0
As needed	Pan Spray	As needed	0	0

**Protein per recipe: 4.62 g**

**Phe per recipe: 146 mg**

**Protein per serving: 1.54 g**

**Phe per serving: 48.6 mg**

### Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 425°F (220°C).
3. Wash and peel the yuca. Cut into 1/4" sticks.
4. Place yuca in a medium pot and cover with cold water. Turn heat to medium-high and bring to boil. Boil for 12-15 minutes or until fork tender.
5. Drain, and let the yuca dry out slightly while making the spice mix.
6. Mix chili powder, garlic powder, onion powder, cumin, salt, and pepper in a medium sized bowl. Add yucca and olive oil. Toss until evenly coated.
7. Arrange yuca on a parchment lined baking sheet and bake in 425 degree oven for 15-20 minutes until browned and crisp.
8. Serve hot.

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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3 Servings

**Serving size**      **1/3 recipe**

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**Amount per**

**Calories**            **200**

Calories from Fat      25

**Total Fat**            2.5 g

    Saturated Fat      0 g

    Trans Fat            0 g

    Monounsaturated    1.5 g

**Cholesterol**         0 mg

**Sodium**                180 mg

**Total Carbohydrate** 43 g

    Dietary Fiber        2 g

    Total Sugars         2 g

    Includes 0 g Added Sugars

**Protein**                1.54 g

Vitamin D               0 %

Calcium                 2 %

Iron                      2 %

Potassium              307 mg

Phosphorus             31 mg

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