

002025 - Mashed Yuca Mojo : Comida Vida	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: serving  <b>With Yuca Steak Cut Fries 470620</b>	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903423 Yuca Cut Fries, 4/6lb, 470620, Comida Vi..... 004053 OIL, OLIVE, SALAD OR COOKING..... 011282 Onion, Raw..... 011215 GARLIC, RAW..... 009160 LIME JUICE, RAW..... 009209 ORANGE JUC, CHILLED, INCL FROM CONC.... 799905 OREGANO LEAVES, DRIED.....	12 lbs + 8 ozs 1 cup + 1/2 Tbsp 6 1/4 medium (2-1/2" dia) 25 cloves 1/2 cup + 1 tsp 1/2 cup + 1 tsp 2 Tbsp + 1/4 TSP (leaves)	1. Steam yuca until very tender, about 15 minutes.  2. Transfer the yuca to a medium bowl and mash with a potato masher until it's the texture of coarse mashed potatoes.  3. Meanwhile, heat oil in a small skillet over medium heat. Add onion, reduce heat to medium-low and cook, stirring occasionally, until softened, 8 to 10 minutes.  4. Stir in garlic and cook for 1 minute more. Remove from heat. Stir in lime juice, salt and oregano. Stir into the mashed yuca. Serve warm.  <b>CCP:</b> Hold at 135° F or higher.

\*Nutrients are based upon 1 Portion Size (serving)

Calories	263 kcal	Cholesterol	0 mg	Sugars	*2.2* g	Calcium	27.21 mg	42.88%	Calories from Total Fat
Total Fat	12.54 g	Sodium	228 mg	Protein	1.62 g	Iron	0.14 mg	6.72%	Calories from Saturated Fat
Saturated Fat	1.97 g	Carbohydrates	35.72 g	Vitamin A	*11.4* IU	Water <sup>1</sup>	*17.69* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.00 g	Vitamin C	*3.2* mg	Ash <sup>1</sup>	*0.10* g	54.28%	Calories from Carbohydrates
								2.46%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.