



# ALL YOU NEED IN ECUADOR

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## YUCCA - YUCA

This starchy tuber is an edible root very popular for its flavor. It has a large amount of active carbohydrates, which provide between 40 to 80% of the energy to the body. It is also known as cassava or tapioca.



### Nutrition Facts

Serving Size 100g

#### Amount Per Serving

**Calories** 159

**% Daily Value\***

**Total Fat** 0.3g

Saturated fatty acids 0.1g

Polyunsaturated fatty acids 0g

Monounsaturated fatty acids 0.1g

**Protein** 1.4g

**Sodium** 14mg

**Total Carbohydrates** 38g

Dietary Fiber 1.8g

Sugars 1.7g

Vitamin A 13iu

Vitamin C 20.6mg

Vitamin B6 0.1mg

Calcium 16.0mg

Iron 0.3mg

Magnesium 21mg

Potassium 271mg

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.



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## YUCCA - YUCA

### BENEFITS

- Low fat
- Protein source
- Satiating effect
- Minerals
- Versatility
- Good for digestion
- Suitable for coeliacs

### PROPERTIES

It is a food similar to sweet potato, from the nutritional point of view, very rich in complex carbohydrates, low in fat and with a large amount of vitamin C and vitamin B6.



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