

# YUCA 101

Yuca, commonly known as **cassava** or **manioc**, is one of the world's most versatile vegetables. Together with other tropical root vegetables like yam, taro, plantains, and most notably the potato, it is an indispensable part of the carbohydrate diet for many.

## WHAT IS YUCA?

Yuca is cultivated as an annual crop in tropical and subtropical regions for its edible starchy tuberous root, which is a major source of carbohydrates.

- TASTE & TEXTURE

Starchy, with a nutty taste. Long and tapered, with a firm flesh encased in a rind. The flesh is a white or yellowish color with a grainy texture similar to potatoes.



## WHERE DOES IT COME FROM?

Yuca is a highly drought-resistant crop, and is a mainstay in the diets of millions of people living in tropical and sub-tropical regions around the globe. It is a good crop for regions where rain is unpredictable and potentially scarce. Brazil, Nigeria and Thailand are the predominant producers of Yuca in the world. Yuca is the third-largest source of food carbohydrates in the tropical, after rice and maize.

## HEALTH BENEFITS

- NATURALLY GLUTEN FREE
- LOWER GLYCEMIC INDEX THAN POTATOES
- LOW IN FATS
- HIGH IN CARBOHYDRATES
- DIGESTIVE RESISTANT STARCH
- GOOD SOURCE OF POTASSIUM
- GOOD SOURCE OF VITAMIN C

### SOURCES

<https://en.wikipedia.org/wiki/Cassava>  
[http://www.specialtyproduce.com/produce/Yuca\\_Root\\_2008.php](http://www.specialtyproduce.com/produce/Yuca_Root_2008.php)  
<https://www.nutrition-and-you.com/cassava.html>