

# Paleo Bacon, Caramelized Onion + Sweet Potato Perogies

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-yuca-recipe-bacon>

## Ingredients:

- 3 cups yuca mashed, peeled, boiled for 20-25 minutes or until fork tender, drained, and mashed
- 3 tablespoons avocado oil or preferred cooking fat, 1 teaspoon avocado oil + more for frying, divided
- 1 large sweet potato mashed
- 1 package bacon pasture raised, baked until crispy and chopped
- 1 large onion diced
- 1/2 teaspoon sea salt garlic
- 1 can full fat coconut milk made by refrigerating for 2 hours and letting the cream separate from the milk
- 1 teaspoon apple cider vinegar
- 1/4 teaspoon sea salt
- 4 probiotic capsules optional
- fresh chives to taste, minced
- 3 tablespoons coconut flour

## Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 75 milligrams
4. Fat: 87 grams
5. Fiber: 4 grams
6. Protein: 17 grams
7. SaturatedFat: 42 grams
8. Sodium: 1400 milligrams
9. Sugar: 6 grams

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