

# Pasteles de Yucca

Yield: 12 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/pasteles-de-puerto-rico-recipe>

## Ingredients:

- 4 pounds yucca also known as cassava
- 1/2 cup sofrito
- 1 beef broth small, cube
- 2 teaspoons salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon oregano
- 2 ounces water
- 6 tablespoons achiote seeds annatto
- 2 cups vegetable oil
- 2 pounds boneless pork shoulder
- 2 ounces sofrito 4 tbs
- 1 beef broth cube
- 1/4 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon oregano
- 1 1/2 cups water
- 2 ounces extra virgin olive oil
- 1 cup Spanish olives cut in half
- 2 tablespoons capers
- 14 1/2 ounces garbanzos 1 can
- 1/2 cup raisins
- 1 jar pimentos small

## Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 45 milligrams

4. Fat: 47 grams
  5. Fiber: 6 grams
  6. Protein: 24 grams
  7. SaturatedFat: 4 grams
  8. Sodium: 1400 milligrams
  9. Sugar: 6 grams
  10. TransFat: 1 grams
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