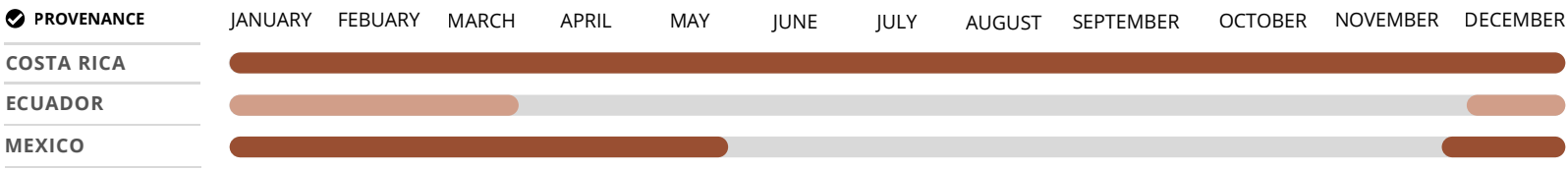
YUCCA

Yucca is a tropical tuber with white, firm, starchy flesh covered with rough brown skin. A staple food in many cuisines, it is the fifth most consumed plant in the world, after rice, wheat, corn, and potatoes. Its mild flavor, slightly reminiscent of sweet potatoes when cooked, makes it a versatile and highly prized ingredient.

AVAILABILITY AND PROVENANCE



TARGET CUSTOMER: INDIAN, HISPANIC & CARIBBEAN

OPTIMAL TEMPERATURE FOR CONSERVATION

5 to 7 °C

PURCHASE GUIDE

Look for a hard, dry and clean yucca. It should not be sticky.

CONSUMPTION

Yucca can be eaten in chunks, slices, as flour, mashed, and even fried. Before eating, it must be peeled, washed, and dried. Yucca should never be eaten raw because it contains toxic compounds.

NUTRITIONAL VALUE

Yucca is an excellent source of complex carbohydrates, providing sustained energy. It is naturally gluten-free and contains fiber, potassium, vitamin C, and B vitamins. It is a highly energy-dense food, often used as a staple food in many tropical regions.