



Sweet Potato and Squash Baby Food

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



27 kcal

SIDE DISH

Ingredients

- 6 ounces butternut squash peeled
- 8 ounces sweet potatoes and into peeled

Equipment

- sauce pan
- blender
- slotted spoon

Directions

- Combine vegetables in a large saucepan and cover with 2 inches of water. Bring to a boil over high heat, then reduce heat to medium low and simmer until vegetables are fork tender, about 6 minutes.
- Remove vegetables with a slotted spoon, reserving cooking liquid, and place in a blender.
- Add 1 cup of the cooking liquid and blend until mixture is smooth.
- Let cool slightly, then divide into 1/4-cup portions, place in airtight containers, and refrigerate up to 5 days or freeze up to 6 weeks until ready to use.

Nutrition Facts

 **PROTEIN 7.37%**  **FAT 0.89%**  **CARBS 91.74%**

Properties

Glycemic Index:5.8, Glycemic Load:2.25, Inflammation Score:-10, Nutrition Score:6.2517391028612%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 27.16kcal (1.36%), Fat: 0.03g (0.04%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.53g (2.01%), Sugar: 1.32g (1.47%), Cholesterol: 0mg (0%), Sodium: 13.15mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin A: 5025.69IU (100.51%), Vitamin C: 4.12mg (4.99%), Manganese: 0.09mg (4.64%), Fiber: 1.02g (4.08%), Potassium: 136.3mg (3.89%), Vitamin B6: 0.07mg (3.68%), Magnesium: 11.45mg (2.86%), Vitamin B5: 0.25mg (2.49%), Copper: 0.05mg (2.32%), Vitamin B1: 0.03mg (2.31%), Vitamin E: 0.3mg (2.03%), Folate: 7.09µg (1.77%), Vitamin B3: 0.33mg (1.65%), Phosphorus: 16.27mg (1.63%), Calcium: 14.97mg (1.5%), Iron: 0.26mg (1.43%), Vitamin B2: 0.02mg (1.01%)