



Third Baby Food: Chicken, Sweet Potato and Spinach

 **Gluten Free**

READY IN



160 min.

SERVINGS



8

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 1 cup meat from a rotisserie chicken boneless skinless cubed
- ☐ 0.5 cup breast milk
- ☐ 2 cups spinach leaves fresh packed
- ☐ 2 cups sweet potatoes cubed peeled
- ☐ 0.5 cup water

Equipment

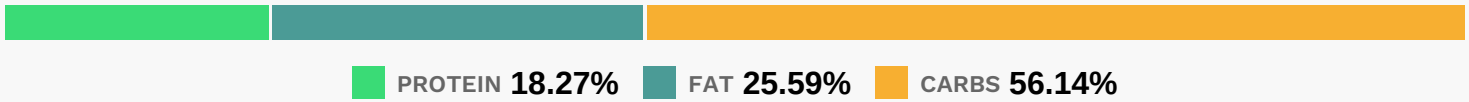
- ☐ food processor

- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ ice cube tray
- ☐ microwave

Directions

- ☐ Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil; place sweet potatoes in steamer, cover, and steam until softened, about 8 minutes.
- ☐ Add spinach and cook until the sweet potatoes are easily mashed, about 5 minutes more.
- ☐ Bring a saucepan of lightly salted water to a boil.
- ☐ Add the cubed chicken and cook uncovered until no longer pink inside, about 10 minutes.
- ☐ Combine chicken, sweet potatoes, spinach, breast milk, and water in a blender or food processor and blend until creamy.
- ☐ Spread sweet potato–chicken mixture into an ice cube tray, cover with plastic wrap and freeze until solid, 2 to 3 hours.
- ☐ Transfer frozen cubes to a resealable plastic bag and store in the freezer.
- ☐ To serve, heat cubes in the microwave until warm but not hot, about 30 seconds. Stir thoroughly.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:3.61, Inflammation Score:-10, Nutrition Score:9.0734782322593%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 54.05kcal (2.7%), Fat: 1.55g (2.39%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 6.51g (2.37%), Sugar: 2.15g (2.39%), Cholesterol: 6.91mg (2.31%), Sodium: 35.49mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin A: 5454.65IU (109.09%), Vitamin K: 36.97µg (35.21%), Manganese: 0.16mg (7.75%), Vitamin B6: 0.12mg (5.86%), Potassium: 189.59mg (5.42%), Folate: 18.61µg (4.65%), Fiber: 1.16g (4.65%), Phosphorus: 44.67mg (4.47%), Magnesium: 17.57mg (4.39%), Vitamin B5: 0.39mg (3.89%), Vitamin B2: 0.06mg (3.74%), Calcium: 37.35mg (3.73%), Vitamin C: 3.01mg (3.65%), Vitamin B3: 0.72mg (3.58%), Copper: 0.07mg (3.29%), Vitamin B1: 0.04mg (2.96%), Iron: 0.47mg (2.59%), Selenium: 1.54µg (2.2%), Zinc: 0.29mg (1.95%), Vitamin E: 0.27mg (1.78%), Vitamin B12: 0.1µg (1.72%), Vitamin D: 0.18µg (1.21%)