



## Sweet Potato Puree

Starting at 6 months of age, infants can start having pureed foods. Start with vegetables, then meats, and lastly fruits.

### U.S.

1 1/4 lbs (about 1 each) Sweet Potatoes, peeled, cut into small cubes  
1/2 cup Water

### Metric

680 g  
240 mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. Fill a medium pot with water and bring to a boil. Add sweet potatoes and cook for about 10 minutes or until fork tender. Strain.
3. Place the vegetables and water in the blender and puree until smooth.

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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4 Servings

**Serving size**                    **1/2 cup (4 ounces)**

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**Amount per serving**

**Calories**                            **140**

**Total Fat**                            0 g

    Saturated Fat                    0 g

    Trans Fat                            0 g

    Monounsaturated Fat            0 g

**Cholesterol**                        0 mg

**Sodium**                                90 mg

**Total Carbohydrate**            33 g

    Dietary Fiber                    5 g

    Total Sugars                      7 g

        Includes 0 g Added Sugars

**Protein**                                3 g

Vitamin D                            0 %

Calcium                                4 %

Iron                                      6 %

Potassium                            500 mg

Phosphorus                          75 mg

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