

# 85 Easy-to-Follow Recipes with Nutrition Information: Elevate Your Culinary Journey

## Indulge in Culinary Delights While Nourishing Your Body

Embark on a culinary adventure with "85 Easy-to-Follow Recipes with Nutrition Information," a cookbook that transforms cooking into an effortless and fulfilling experience. This comprehensive guide features a diverse array of delectable dishes, each carefully crafted to tantalize your taste buds while supporting your overall well-being.



### Low-Cholesterol Cookies: 85+ Easy-to-Follow Recipes with Nutrition Information

★★★★☆ 4.5 out of 5

Language	: English
File size	: 5303 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 393 pages
Lending	: Enabled



## Effortless Cooking for Every Occasion

Whether you're a seasoned chef or a novice in the kitchen, this cookbook caters to all skill levels. Each recipe is meticulously explained with clear instructions and accompanied by stunning photographs that guide you through every step. From quick weeknight meals to impressive dinner party

entrees, "85 Easy-to-Follow Recipes with Nutrition Information" empowers you to create culinary masterpieces with confidence and ease.

### **Unlock a World of Flavors**

This culinary voyage takes you on a global gastronomic journey. Explore exotic flavors from around the world, experimenting with new ingredients and expanding your palate. Discover the vibrant spices of India, the aromatic herbs of the Mediterranean, and the umami-rich sauces of Asia. With each recipe, you'll delve into a culinary adventure that will ignite your senses and satisfy your cravings.

### **Nourishment for Body and Soul**

Beyond its culinary delights, "85 Easy-to-Follow Recipes with Nutrition Information" prioritizes your well-being. Each recipe includes detailed nutrition information, empowering you to make informed choices about your diet. Calorie count, macronutrient breakdown, and allergen information are all readily available, ensuring you can cater to your specific nutritional needs and dietary restrictions.

### **A Treasure Trove of Culinary Inspiration**

This comprehensive cookbook is more than just a collection of recipes; it's a culinary companion that will inspire you to explore new flavors, challenge your cooking skills, and nourish your body. Whether you're a home cook looking to elevate your culinary repertoire or a health-conscious individual seeking nutritious and delicious meals, "85 Easy-to-Follow Recipes with Nutrition Information" is an indispensable guide to a healthier and more fulfilling culinary journey.

### **Sample the Delights Within**

To whet your appetite, here's a tantalizing glimpse into the culinary wonders that await you within "85 Easy-to-Follow Recipes with Nutrition Information":











### Recipe Analyzer Results

**A single serving of this recipe has 272 calories.**

Read through the nutrition label for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient, it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

#### Nutrition Facts

Serving Size 6 (166g)

Per Serving % Daily Value\*

Calories	272	
Total Fat	9.7g	15%
Saturated Fat	1.2g	6%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	63mg	3%
Potassium	621mg	18%
Total Carb	42.3g	14%
Dietary Fiber	11.3g	45%
Sugars	2.5g	
Protein	9.2g	

Vitamin A 76% - Vitamin C 104%

Calcium 9% - Iron 34%

\*Based on a 2,000 calorie diet

© 2019 Verywell

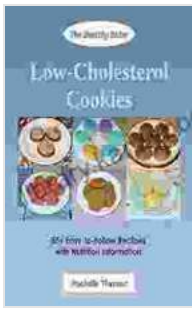
EMBED THIS LABEL

EDIT RECIPE

START OVER

## Free Download Your Copy Today

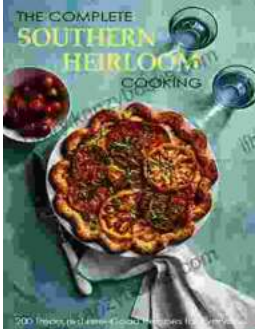
Embark on a culinary adventure that nourishes both your body and soul. Free Download your copy of "85 Easy-to-Follow Recipes with Nutrition Information" today and unlock a world of culinary delights and enhanced well-being.



## Low-Cholesterol Cookies: 85+ Easy-to-Follow Recipes with Nutrition Information

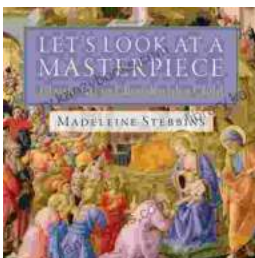
★★★★☆ 4.5 out of 5

Language : English  
File size : 5303 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 393 pages  
Lending : Enabled



## Savor the Delights of Southern Heritage: The Complete Southern Heirloom Cooking

Embark on a culinary journey through the heart of the American South with the comprehensive guide, "The Complete Southern Heirloom Cooking." This culinary masterpiece unveils...



## Classic Art to Cherish with Child: Unveiling the Magic of Masterpieces

In a world where technology and fast-paced distractions draw our attention, it's more important than ever to nurture our children's creativity and...