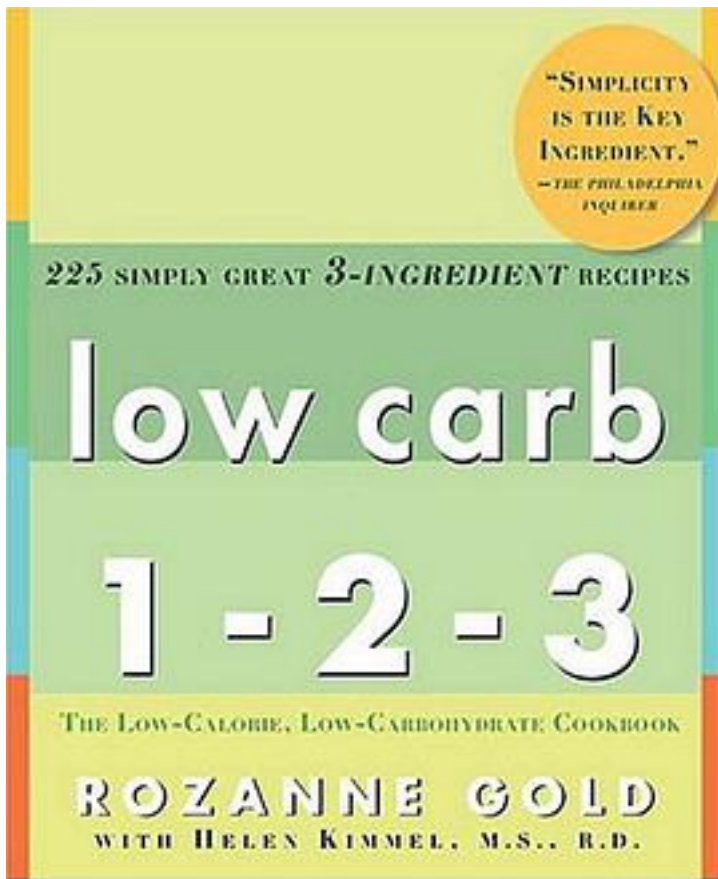


# Low-Carb 1-2-3



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出版者:St Martins Pr

出版时间:2005-1

装帧:Pap

isbn:9781594861659

"Rozanne Gold is the leader of a minimalist sect, one that uses the fewest possible ingredients to produce dishes that are not just credible but delicious," wrote Mark Bittman in the "New York Times" about the author's acclaimed "1-2-3" cookbook series. Now "1-2-3" cooking goes low-carb and the results are simply fabulous! Here readers learn how to create yummy low-carb dishes - from pan-seared tuna nicoise,

baked eggs splendido, and wasabi-stuffed shrimp to fresh cherry compote with chocolate drizzle - each using only three ingredients! In "Low Carb 1-2-3" readers will discover: 150 great-tasting dishes created by an award-winning chef; a focus on healthy eating with recipes that promote good fats and carbs, shun trans-fats, use whole unprocessed fresh ingredients, and eliminate white flour and sugar; and an accurate carb count for each recipe, lists of low-glycemic index foods, and 100 menu plan.

作者介绍:

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