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# Italian Cooking Encyclopedia The Definitive Professional To Italian Ingredients And Cooking Techniques Including 300 Step By Step Recipes

**tomato family: solanaceae genus: solanum scientific name ...** - fruit or vegetable? - botanically speaking a tomato is the ovary, together with its seeds, of a flowering plant, i.e. a fruit. however, from a culinary perspective the tomato is typically **atkins carb counter atkins carb counter - 8** | atkins carb counter atkins carb counter | 9 gelatin, unflavored for baking & canning 1 env 0.0 molasses 1 t 15.0 nutmeg, ground 1 t 0.6 oat flour 1/4 c 12.0 rice flour, white 1/4 c 30.7 rice flour, brown 1/4 c 28.4 rye flour, medium 1/4 c 16.2 soy flour 1/4 c 5.4 stevia (pure powder) chop, center cut 1 t 0.0 sucralose-brown sugar **carb counter - atkins** - atkins carb counter | 3 1 how to use the atkins carb counter 3 atkins & other low-carb specialty foods 6 baking ingredients 7 (atkins 20 or atkins 40) you're one!, lamb, pork & other meats 9 beverages & alcoholic beverages 12 breads, crackers, tortillas & wraps 14 candy & chewing gum 15 cereals 17 blood sugar. fiber and sugar condiments & seasonings

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