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## **The Healthy Instant Pot Pressure**

As you may know, the  
boiling point of water is  
100° C or 212° F at sea  
level. The working

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temperature inside the Instant Pot using the high-pressure setting is 115° C - 118° C (239° F - 244° F). The boiling point at the low-pressure setting is 110° C - 112° C (229° F - 233° F).

## **Instant Pot Pressure Cooker: Healthy or Not? | I Read ...**

Many nutrition professionals promote using the Instant Pot, too. Dr. Andrew Weil, a

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Instant Pot  
medical doctor who  
specializes in nutrition  
and creator of the  
original anti-  
inflammatory diet, says  
that...

### **Does the Instant Pot kill nutrients in your food? - CNET**

Programmable to do  
everything from slow  
cooking to yogurt-  
making, this sleek plug-  
in pressure cooker is a  
go-to for anyone  
looking to whip up a



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quick dinner or do some batch cooking on the weekends. Browse our collection of easy, family-friendly recipes, from healthy Instant Pot chicken to hearty beef stew.

## **33+ Healthy Instant Pot Recipes | Cooking Light**

And Other Healthy  
Diet

This collection of Instant Pot meals also provides for a large variety of dietary restrictions in a

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fraction of the time,  
including THM-friendly  
recipes, Keto recipes,  
low carb, Paleo,  
Whole30, vegan,  
vegetarian, AIP and  
GAPS diet feasts. Here  
are some of the most  
amazing, easy and  
healthy pressure  
cooker (or Instant Pot)  
recipes!

## **100+ Easy & Healthy Pressure Cooker Recipes (Instant Pot)**

An ultimate collection

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Instant Pot  
of 40 Healthy Instant  
Pot Recipes for busy  
families. These quick  
and easy pressure  
cooker recipes will help  
you to get dinner on  
the table with  
minimum effort. These  
quick and easy  
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recipes will help you to  
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**40 Healthy Instant  
Pot Recipes -  
iFOODreal**

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There are tons of recipes that are easy to make in your Instant Pot. Here you will find pressure cooker recipes for everything from Moroccan meatballs to lasagna soup. Dinner has never been so simple! These recipes are perfect for on-the-go families who love healthy and delicious food, but may not always have time to spend hours cooking.

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The Best Healthy  
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Recipes**

The Fresh and Healthy  
Instant Pot Cookbook:  
75 Easy Recipes for  
Light Meals to Make in  
Your Electric Pressure  
Cooker [Gilmore,  
Megan] on

Amazon.com. \*FREE\*  
shipping on qualifying  
offers. The Fresh and  
Healthy Instant Pot  
Cookbook; 75 Easy

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to Make in Your Electric  
Pressure Cooker  
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## **The Fresh and Healthy Instant Pot Cookbook: 75 Easy**

...

The more I use my  
Instant Pot, the more I  
realize what an  
amazing appliance it is.

I couldn't live without  
my Instant Pot at this  
point - it saves me so  
much effort with  
preparing quick,

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Instant Pot  
healthy meals! You can  
use your Instant Pot as  
a pressure cooker, slow  
cooker, steamer or rice  
cooker.

## Recipes For Clean Eating Paleo Air Fryer Free Vegan And Other Healthy Diets

### **29 Healthy Instant Pot Recipes (Quick & Easy)**

100 Skinny Instant Pot  
Recipes Katie

Bandurski Updated:  
May. 30, 2019

Whipping up a fast,  
good-for-you meal just  
got easier, thanks to  
these healthy Instant

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Pot recipes.

Pressure Cooker

**100 Healthy Instant**

**Pot Recipes - Taste**

**of Home**

With newer electric

pressure cookers (like  
the Instant Pot),

pressure cooking is a

convenient and healthy

way to get food on the

table for your family

more quickly and easily

while still preserving

the nutrients in your

food. Do you use a

pressure cooker? What



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is your favorite way to  
use it? Pressure Cooker

Cookbook 120

**Does a Pressure  
Cooker Destroy  
Nutrients? |  
Wellness Mama**

2 15 Chicken Thigh  
Recipes for the Instant  
Pot This collection of  
top-rated recipes  
highlights this

versatility, featuring  
chicken thighs with  
international accents,  
from chicken curry to  
cacciatore, chicken

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Instant Pot Pressure Cooker Cookbook 120  
teriyaki to chicken tagine, biriyani and butter chicken, and much more.

## Nourishing **18 Best Healthy Recipes For Clean Eating Paleo Aip Allrecipes**

The beauty of an Instant Pot is it's ability to pressure cook, slow cook, rice cook, and even make homemade yogurt overnight. Here's a few of our favorite newly developed recipes from

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Instant Pot  
the Hy-Vee Test  
Kitchen.

Cookbook 120  
**7 Healthy Recipes  
You Can Make in an  
Instant Pot or ...**

Get your Instant Pot to  
do the hard work on  
Meal Prep Sunday with  
these 25 Healthy  
Instant Pot Recipes for  
Meal Prep! The  
pressure cooker will  
save you time by  
cooking your food  
quicker, and also has  
the benefit of freeing

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Instant Pot  
up your hands so that  
you can multitask in  
the kitchen.

## 36 of the EASIEST Healthy Instant Pot Recipes For Clean Eating Paleo Air And Other Healthy Diets

Instant Pot Saves the  
Day. Here it is, people.  
After years of getting  
over our Instant Pot  
fear, we are officially  
superfans of the  
Instant Pot! If you've  
never heard of an  
Instant Pot, it is a new  
age pressure cooker. It

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is your all-in-one  
appliance that can  
saute, slow cook, quick  
cook, and everything in  
between.

## **42 Healthy Instant Pot Recipes (g/f, paleo, keto, etc...**

Pressure cookers can  
be a major time saver  
in the kitchen--from  
cooking large pieces of  
chicken and dried  
beans in a fraction of  
the time to cooking up  
whole dinners in one

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pot. Now, with electric pressure cookers, like the Instant Pot, booming on the market, pressure cooking is easier than ever. Find mouthwatering and healthy recipes to make in your pressure cooker and multicooker, like chili, soup, mac and cheese and more.

## **Healthy Pressure Cooker Recipes -**

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## Instant Pot **Eating Well**

Eat healthy and lose weight with these easy instant pot recipes under 300 calories.

There are a hundred healthy dinner recipes to choose from such as vegetable soups, healthy chicken dinners and skinny beef recipes. Calorie count listed is per serving and serving sizes vary for each recipe. The calorie count is taken from the

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Instant Pot  
websites where the ...  
Pressure Cooker

## **100 Instant Pot Recipes Under 300 Calories - Prudent Penny ...**

(10) Love Chicken  
Piccata but don't want  
to eat it fried? This

Instant Pot Healthy  
Chicken Piccata uses  
the sauté function to  
create a delicious,  
better-for-you meal.

(via Rachel Cooks) (11)  
Paired with slaw or put  
on a quesadilla, this



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BBQ Pulled Pork is so easy. This recipe makes it taste slow cooked in just about an hour. (My Kitchen Love) (12) Meatloaf is a family-favorite that used to ...

## **60 Kid-Friendly, Healthy Instant Pot Recipes Your Whole**

...

If you're considering investing in an Instant Pot, here's exactly what you can cook in

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it. Check out the best  
(and easiest) pressure  
cooker recipes for  
dinner, soups, sides,  
desserts, and more  
meals!

## **40+ Easy Instant Pot Recipes 2020 - Best Pressure Cooker ...**

This healthy Instant Pot  
split pea soup recipe is  
the ultimate meal! It's  
filling, plant based, and  
easy to make in a  
pressure cooker. This  
tasty dinner recipe is

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full of cozy, lightly  
smoky flavor. And all  
that's required is  
chopping an onion,  
celery and carrot.

That's it! Let your  
Instant Pot do the rest  
of the work.

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