



Microondas. Cocinar en poco tiempo sin perder nutrientes (Spanish Edition)

Mara Iglesias

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Desde su aparición, el horno a microondas ha revolucionado la cocina hogareña ya que hace posible cocinar en minutos. Este fantástico y práctico electrodoméstico, además, permite un tipo especial de cocción de los alimentos que no elimina ninguno de sus nutrientes como sí ocurre con otros métodos, como por ejemplo, los hervidos prolongados o las frituras. Este libro contiene una amplia variedad de recetas para cocinar en poco tiempo y aprovechar todas sus ventajas.

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