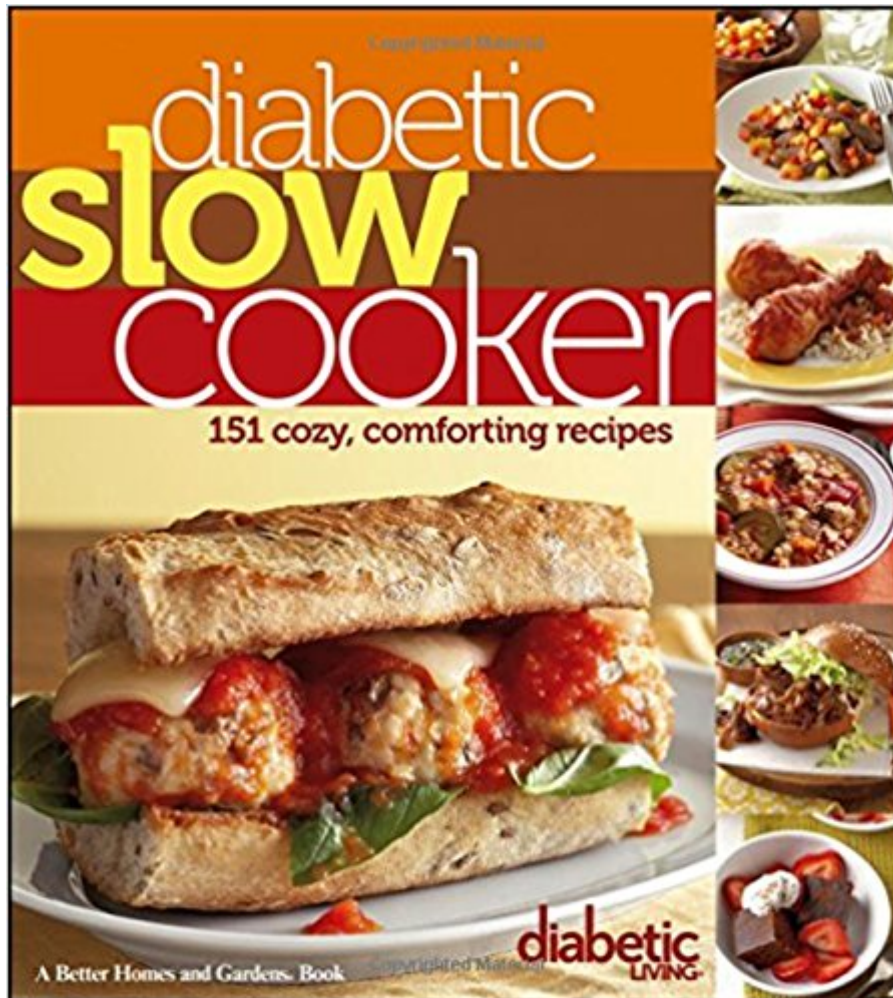




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Diabetic Slow Cooker (Diabetic Living)



Synopsis

Easy, comforting slow cooker recipes from the experts at Diabetic Living Diabetic Living magazine is the most trusted source of information on nutrition and wellbeing for diabetics. In this new collection, the editors of the magazine present 150 flavorful, no-fuss recipes for the slow cooker. Every one of these recipes combines delicious flavors with healthy amounts of calories, carbs, and sodium. These comforting meals cover almost any occasion, from party foods to pastas, and even hot sandwiches like a Classic French dip. Full nutrition information for each one makes sure you're getting the kind of nutrition you need, while an introductory section includes helpful advice and tips on getting the most out of your slow cooker. Features 150 recipes with a beautiful full-color photograph of eachIncludes chapters on main dishes; soups, stews, and chilies; party foods; desserts; and moreSaves time and money with a special ???Cook Once, Eat Thrice??? chapter that lets you prepare something good you can use in three deliciously different mealsFor simple, no-mess recipes that let you enjoy mouthwatering meals while managing your diabetes, look no further than this one-of-a-kind cookbook.

Book Information

Series: Diabetic Living

Paperback: 252 pages

Publisher: Better Homes & Gardens; 1 edition (September 21, 2012)

Language: English

ISBN-10: 1118344332

ISBN-13: 978-1118344330

Product Dimensions: 9 x 0.6 x 10 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 163 customer reviews

Best Sellers Rank: #11,761 in Books (See Top 100 in Books) #10 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#) #30 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb](#) #32 in [Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking](#)

Customer Reviews

Deliciously simple diabetes-friendly slow cooker recipes!Easy, delicious, and diabetes-friendly? You bet! Let your slow cooker do the work and enjoy comforting meals that are sure to please everyone at the table. More than 150 mouthwatering recipes include potluck-perfect appetizers, satisfying

main dishes, sandwiches, soups and stews, sides, and splurge-worthy desserts, each with a beautiful full-color photograph and complete nutrition information. And every recipe combines fantastic flavor and wholesome ingredients with smart amounts of carbs, calories, and sodium, so they'll fit smoothly into your eating plan. You'll also find Full nutritional information, with highlighted carb counts and dietary exchanges accompanying each recipe. Special chapters on big-batch cooking, just-for-two dinners, and extra slow-simmered recipes for those long days away. Helpful pointers on lightening up slow-cooked recipes. Time-saving tricks, ingredient info, and side dish suggestions throughout.

Diabetic Living® is the number one lifestyle magazine for people living with diabetes, written and reviewed by experts in diabetes management, as well as people living with diabetes. Visit DiabeticLivingOnline.com for more helpful tips and delicious recipes.

I'm a diabetic using an exchanges diet to lose weight and control my Glucose. This book gave me everything I needed. The serving size, the nutritional numbers and exchanges. I've seen a number of diabetic cookbooks that don't give you everything you need. By the way, someone mentioned there are no serving sizes listed. Every recipe DOES show serving sizes. The nutritional values are usually near the bottom of the page, and the serving sizes are generally near the top of the page. What I love about this book is that it's full of comfort food recipes, all of which have been reworked to fit our diets. I can't stand the thought of a piece of dry Chicken and a serving of Vegetables on my plate every night. This gives you everything from Pot Roast to Meatball sandwiches. My wife who isn't diabetic enjoys the dinners that this book makes possible also. The recipes almost always make 4 or more servings. That's okay with me. I measure everything out, and freeze the extra portions individually for later. Even reheated, these recipes taste better than any Lean cuisine or similar frozen dinner I've ever had. One caveat though. The exchanges they list are not always accurate. I've seen them list 28 grams of Carb as 1 carb exchange (that's almost 2 exchanges) and 10 grams of fat as 1 exchange (it's 2.) However, anyone who is following exchanges has to know how many grams makes up a serving. The grams are all listed, so I take that into consideration at mealtime, or adjust the recipe in advance to compensate. I was going to give it 4 stars because of that, but since all the info is there, I went with 5. I would recommend this to anyone, diabetic or not. But especially those of you like me, that can't say goodbye to certain foods.

Easy and delicious recipes. Love the variety in foods. Very helpful in staying on diabetic regimen. I

can freeze excess portions for later.

There aren't a great many vegetables that I actually enjoy and have a habit of either eliminating the ingredient I don't like or not making the recipe at all. For me that eliminates most recipes in practically every cookbook I've looked at, including this one. But I've found a number of recipes in this book that have grabbed my interest and have tried a couple of them, including one I made for Thanksgiving. They were excellent. You get quite a variety in a number of categories and I already know which one I want to try next. I love that the nutrition information is provided with every recipe. Beautifully illustrated and easy to follow directions.

this book is nice. I wanted to use for a lower carb diet . Have not got into it yet but seems like a fair book. Wish it had more information as to why one food should be eaten or another avoided and why . Some of the foods listed I was told should not be eaten, but i see they are here and I have and do eat them. So a little more of why or why not information would have been nice.

Got this at Christmas - cooked daily from it for weeks while my kitchen appliances were being replaced. Loads of great tasting recipes - very happy with the variety and nutrition information that is included for each one.

150 flavorful, no-fuss recipes for the slow cooker. These comforting meals cover almost any occasion, from party foods to pastas, and even hot sandwiches like a Classic French dip. Full nutrition information for each one makes sure you're getting the kind of nutrition you need, while an introductory section includes helpful advice and tips on getting the most out of your slow cooker. Easy to follow and it's great for the whole family, they don't even know the difference.

This isn't exactly what I hoped it would be but will still try some recipes. I really don't like that most of the recipes have more carbs and of course carbs turn to sugar. I wanted lower carb content and pasta is not a good choice. Some of the recipes are a little weird but again I will try some things. I believe I have found more single recipes online that I like than what is in this book.

One of my favorite cookbooks ever. It's hard to feel my diet is restricted when there is so much variety, and using a slow cooker fills the house with good smells for so long. Wait til you taste the

"Simple Hoisin Chicken" recipe on page 40. I use this book a lot.

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