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FOR ALL ITEMS LISTED: Fresh (not Frozen) Pressure:
High Setting: Manual Liquid: Minimum 1 Cup Water
NOTES: Size And Variety Will Affect Cooking Times QPR
= Quick Pressure Release / NPR = Natural Pressure
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Foods That Contain Less Than 3 Grams Of Net Carbs
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Area Best: • Lettuce (Boston, Butter, Endive Apr 2th,
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