



# **The Gluten-Free Italian Vegetarian Kitchen: More Than 225 Meat-Free, Wheat-Free, and Gluten-Free Recipes for Delicious and Nutritious Italian Dishes**

*Donna Klein*

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## **The Gluten-Free Italian Vegetarian Kitchen: More Than 225 Meat-Free, Wheat-Free, and Gluten-Free Recipes for Delicious and Nutritious Italian Dishes** Donna Klein

From tantalizing appetizers to delicious desserts, The Gluten-Free Italian Vegetarian Kitchen is a collection of authentic Italian dishes with a vegetarian and gluten-free twist. More than 225 recipes for appetizers, soups, salads, breads, pizzas, panini, gnocchi, risotto, polenta, and other main dishes, brunch, and dessert. Dishes are specified as dairy-free, egg-free, lacto-ovo, dairy-and-egg-free, vegan, and/or low-carb and the book gives tips and information on eating gluten-free, as well as a nutritional analysis of calories, protein, total fat, saturated fat, cholesterol, sodium, carbohydrates, and dietary fibre for every recipe. Also includes a glossary of gluten-free specialty ingredients

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