

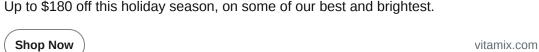
I recently found a really promising research paper that tested THIRTEEN different frozen vegetables for nutrition after boiling, pressure cooking, steaming and microwaving. Whenever I find a research paper before bearing down and reading it I always look at the data tables. Initially, I was so excited to find this jackpot of nutritional data on comparing different cooking methods on so many vegetables.

As I went through one vegetable after another, pressure cooking was either worse than or slightly better than boiling and retained VERY LITTLE folates, carotenoids, and vitamin C compared to non-pressure steaming and microwaving.

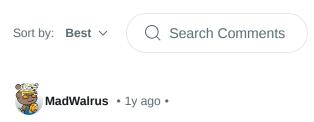
What?!?!

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Great work exposing the anti-pressure cooking agenda! So weird why they would do this.

**☆** 356 **♣** 





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This is 9/11 with my fucking cauliflower. Crying right now



+ 13 more replies



are pressure cookers...supposed to be a good way to preserve nutrients? I admit id never done research on the subject, but I always thought pressure cooking was a very intense form of cooking, meant to "break down" tough stuff in a short amount of time.

I always assumed that would also be true for nutrients, the longer/more intense the cooking is, the more nutrients break down



It is higher temperature, but less time cooking. Temperature destroys some micro elements, but the faster it done, the less gets destroyed. So it could go ether way.



u/Notalabel\_4566 Don't you think you should credit u/pazzaglia1 for the article you've posted, since they're the original author of this exposé?





I would like credit for my work.

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♦ 65 ♣ ···
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[deleted] • 1y ago •

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T 73 3

Foreign-Cookie-2871 • 1y ago •

They still changed the preparation method and therefore the data are not comparable anymore.

I also think the higher temperatures of a pressur cooker played a role.



**☆** 64 **♣** 



(+) 3 more replies



monkeybrewer420 • 1y ago •

I enjoy this sub but man it gets odd sometimes, haha.... Interesting info for sure





(+) 1 more reply



r/Cooking • 2 yr. ago

What's the difference between Pressure Cooker rice and Rice Cooker rice?

5 upvotes · 20 comments



thedrive r/PeterAttia • 1 yr. ago

I'm moving forward in the investigation of some wild jumps in my lipids. Trying to gauge the real world results for people that have lowered apoB with diet and lifestyle. At the moment looking for the results...

3 upvotes · 2 comments



r/Cooking • 2 mo. ago

Is There Anything a Pressure Cooker Does BETTER and Not Just Faster?

394 upvotes · 527 comments



r/Cooking • 5 yr. ago

Question: pressure cooker and nutrients

3 upvotes · 5 comments



r/Cooking • 13 days ago

So people who don't really have recipes...

159 upvotes · 119 comments

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#### rice?

6 upvotes · 10 comments



r/Cooking • 9 days ago

Great big shout out to all the terrible unusable recipe websites.

4.9K upvotes · 652 comments



r/CICO • 1 yr. ago

Working on cutting reducing salt intake / tolerance to eat better. I feel like there's a correlation?

3 upvotes · 4 comments



r/nutrition • 2 yr. ago

Does pressure cooking legumes retain more nutrients than boiling?

31 upvotes · 7 comments



r/loseit • 1 yr. ago

Stress and Water Weight (Interesting Read)

9 upvotes · 7 comments



r/Cooking • 19 days ago

Oven roasting mushrooms - do some people just not like the smell or did I fuck up?

283 upvotes · 120 comments



r/DIY • 2 yr. ago

Would these increase or decrease water pressure?

266 upvotes · 186 comments



r/Cooking • 10 yr. ago

What are the disadvantages of using a pressure cooker?

74 upvotes · 67 comments



r/foodscience • 6 yr. ago

**Does Pressure Cooking Preserve Nutrients?** 

2 upvotes · 7 comments



r/asktransgender • 1 yr. ago

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r/Cooking • 3 yr. ago

What's the pro/cons of slow cooking, pressure cooking, and deep drying?

14 comments



r/Microbiome • 1 yr. ago

Any adverse/positive experiences with L. Gasseri for weight loss?

7 upvotes · 10 comments



r/HotPeppers • 1 yr. ago

I keep finding conflicting information from different sources...is there any database, or consensus of the nutrient requirements of hot and super hot peppers through every stage of growth/fruiting?

2 upvotes · 26 comments



r/Cooking • 7 mo. ago

Is using a pressure cooker worth it?

44 upvotes · 155 comments



r/Cooking • 9 days ago

TIL that cooking is a real skill

3.1K upvotes · 672 comments



r/Cooking • 3 yr. ago

Why are people afraid to use their instant pot pressure cookers? I don't understand

3 upvotes · 23 comments



r/Cooking • 14 days ago

I think I overestimated my culinary skills and now I'm panicking

756 upvotes · 351 comments



r/Microbiome • 1 yr. ago

Anyone have TRIED and TESTED ways to improve "leaky gut" i.e. observed improvement in their zonulin results or similar?

4 upvotes · 13 comments



r/BravoTopChef • 5 yr. ago

Why so many Top Chef chefs don't use pressure cookers?





0



Ham for every holiday makes me more annoyed that is probably reasonable.

1.9K upvotes · 457 comments

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