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r/Cooking



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r/Cooking • 1 yr. ago

Notalabel\_4566



## I found research on NEGATIVE effects of pressure cooking on nutrition ...

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...and here's is why I'm not going to write an article about it.

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?!?!

[I found research on NEGATIVE effects of pressure cooking on nutrition ...](#)

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279



75



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MadWalrus • 1y ago •

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



356



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69 ...

7 more replies

**ryanghappy** • 1y ago •

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

103 ...

13 more replies

**consultybob** • 1y ago •

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

95 ...

**Nesseressi** • 1y ago •

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.

42 ...

3 more replies

**Chicawhappa** • 1y ago •

[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?

44 ...

4 more replies

**pazzaglia1** • 1y ago •

I would like credit for my work.

65 ...

**[deleted]** • 1y ago •

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73 ...

**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

52 ...

1 more reply

**r/** r/Cooking • 2 yr. ago

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

5 upvotes · 20 comments

**r/** 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/** r/Cooking • 2 mo. ago

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

394 upvotes · 527 comments

**r/** r/Cooking • 5 yr. ago

### Question: pressure cooker and nutrients

3 upvotes · 5 comments

**r/** 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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### 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?



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

1.9K upvotes · 457 comments

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