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SUITABLE	PREP TIME	COOK TIME	SERVES
Vegetarian	5 Mins	No Cook	2
Nutrition (per Serving)			
Kcal	Fat	Sat Fat	Carb
Sugar	Fibre	Protein	Salt
236	7g	2g	32g
19g	4g	14g	0.1g

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Budidaya Ubi Jalar. Blog Alamtani. Dalam Mar 5th, 2024
LOW FERMENTATION DIET/SIBO DIET
4. Nuts Are All Fine. Therefore, Peanut Butter Is Fine. 5. Chocolate Is Allowed But Watch For Milk Chocolate. 6. For Breakfast Cereal, Rice Krispies Are The Most Ideal. 7. Pasta Is All Fine. Gluten Gluten Is A Protein In Certain Grains Like Wheat. Most Things That Have Gluten Have Carbohydrates. A Gluten Free Diet Is A Low Carbohydrate Diet. Jan 1th, 2024.

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