

Dehydrated fruits and vegetables are becoming more and more popular in the snack world: nutrition intake is more concentrated

Detail Introduction :

In recent years, dehydrated fruits and vegetables have become more and more popular in the snack world. Crispy mushrooms, crisp peas, crisp okra, dried purple potato, dried yellow peach, dried jackfruit, etc. Dehydrated fruits and vegetables are sweet and crunchy, attracting many consumers, even eating dried fruits and vegetables instead of fruits, thinking that the nutritional intake is more concentrated and beneficial to health.

Dehydrated fruits and vegetables are the dryings of fresh vegetables and fruits by physical technology without adding any additives during the processing, which retains its original delicate taste and the rich nutrition of fresh vegetables. It has multiple functions, such as enhancing immunity, anti-aging, and lowering blood sugar and is very popular with the public.

Citizens who like to eat dehydrated fruit and vegetable chips are advised to choose non-fried ones, such as freeze-dried ones.