



# Buy Dehydrated Vegetables

## Specifications :

Price	Contact us
Place of Origin	China
Min.Order Quantity	100
Payment Terms	T/T,L/C,D/P
Supply Ability	10000
Delivery Detail	3days-7days

## Detail Introduction :

### Description:

Dehydrated spinach uses natural or artificial drying methods to reduce the water content in spinach and increase the concentration of soluble substances to prevent the activity of microorganisms. It can also inhibit the activity of enzymes contained in itself so that the product can be stored for a long time. It has a long shelf life, and its small size is lightweight, easy to carry and transport, and is convenient to eat. It is one of the essential vegetables in military food and travel convenience foods. It also plays a specific role in adjusting the supply during the busy season, and it can also be used as an export commodity.

### Production process:

Raw material selection ? cutting ? blanching ? cooling ? draining ? drying ? sorting ? packaging.

### Uses:

Can be eaten or used as raw materials and auxiliary materials.

### How to use:

Put it directly when cooking, or put it in after foaming.

### Spinach function:

#### nutrient content

Spinach has a "nutrition model for students" rich in carotenoids, vitamin C, vitamin K, minerals (calcium, iron, etc.), coenzyme Q10, and other nutrients. [9]

### How to eat

what can often cook soup, salad, stir-fried, and stir-fried with leeks or saucers? Dark green color, red root, no water, stems, and leaves are not old, no bolting flowering, and no rotten yellow leaves better. Standard practices apply in chicken-fin golden needle soup, pork liver soup, liver fried rice, porridge, egg cake, spinach nest eggs ,and so on.

### People suitable

1. Yi Shi: acne, blood in the stool, chronic constipation, scurvy, hypertension, anemia, diabetes, night blindness and rough skin, allergies, relaxation are suitable for consumption.

2. Not eating: suffering from urinary tract stones, stomach Deficiency, loose stools, spleen and stomach, weak kidney function, nephritis and kidney stones, and other diseases should not eat or eat.

### Indications

Nourishing blood, stopping bleeding, accumulating yin, moistening dryness. Treatment of blood

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stasis, blood in the stool, scurvy, diabetes, and drinking.