



# Dehydrated Radish

## 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 :

Dehydrated radishes are then dried through traditional methods and packaged in HACCP-certified facilities to ensure clean, high-quality products. Dried while maintaining the ideal humidity, the radish is not overly dry and instead has just enough moisture for the best taste and texture. Enjoy this high-quality Korean side dish, the perfect combination of chewy and crunchy.

### Cooking Directions:

1. Pour just enough water for the dried radish to be submerged and soak for 30 minutes.
2. Rinse under running water 3-4 times, until completely clean.
3. Make your seasoning sauce using ingredients such as soy sauce, red pepper powder, and minced garlic.

4. Pour the seasoning onto the radish and mix well. Add pepper leaves for a more flavorful dish.

The best part is, radish offers a lot of health benefits. Here are some that are scientifically proven and some that are not, but people believe in:

Saves RBCs – Radish helps control red blood cell damage, increasing the blood oxygen supply.

Great source of fiber – When eaten regularly as part of your salad fare, radish provides your body with ample amounts of fiber, thus improving your digestion. It likewise regulates bile production, safeguards your gall bladder and liver, and takes care of your water retention issues.

Protects your heart – Radish contains anthocyanin that promotes proper heart functioning, lowering the risk of heart diseases. It is also rich in folic acid, flavonoids, and vitamin C.

Regulates blood pressure – The veggie has potassium that helps lower blood pressure and normalizes blood flow, particularly for hypertensive patients.

Improves immunity – Because radish is rich in vitamin C, it protects from common cough and cold and improves immunity when consumed regularly.

Fortifies blood vessels – Radish is essential in collagen generation. It improves blood vessels and lowers the risk of atherosclerosis.

Good for metabolism – The veggie is good for the digestive system and helps control gastric issues, acidity, nausea, and obesity, among others.

Nutrient-rich – Radish is loaded with various vitamins and antioxidants, potassium, zinc, magnesium, phosphorous, calcium, iron, copper, and manganese.

Promotes skin health – Radish helps keep acne, pimples, rashes, and dryness at bay. You can also use radish paste as a facial cleanser.

Good for hydration – Radish has high water content, helping you keep hydrated, especially in



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summer.