



Frozen Asparagus

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 :

Calories	20
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0	0%
Trans Fat 0g	
Cholesterol 0	0%
Sodium 0	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Sugars 2g	
Includes Added Sugars 0g	
Protein 2g	
Vitamin A	6%
Vitamin C	15%
Calcium 0.00mg	0%
Potassium 160	4%
Iron 1.60mg	8%
Vitamin D 0.00mcg	0%

Is frozen asparagus any good?

As you found out, your frozen, defrosted asparagus won't be good to snack on. But the good news is that it will be perfectly fine for including in certain kinds of dishes. Use it where you wouldn't need or expect the vegetable to be crisp and firm: soups, stews, casseroles, baked dips.

How to Cook Frozen Asparagus?

Spread the frozen asparagus on a sheet pan lined with parchment paper (don't thaw it first!)

Toss with oil + seasoning (you can also add a pinch of red pepper flakes for a little heat)

Roast in the oven until cooked through and crispy.