



# Frozen Bell Peppers

## 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 :

<b>Calories</b>	<b>20</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	
<b>Sodium</b> 5mg	
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	
Sugars 1g	
<b>Protein</b> 1g	
Potassium 87mg	

### How to Freeze Bell Peppers?

Bell peppers can be frozen in three easy steps: First, wash and slice the peppers in the desired way, either in long strips or diced. Next, par freeze the bell peppers for an hour, spread on a parchment lined baking sheet. Last, transfer to a freezer bag and store until you're ready to use.

### Can I use frozen bell peppers?

While frozen peppers, don't retain their same characteristic crunch of a fresh pepper, they are awesome in cooked recipes! Throw into cooked dishes: They don't need long to cook, so put them in at the end of a stir-fry for example. Frozen peppers will work in just about any cooked application you'd use a fresh pepper!