



# Frozen Broccoli Florets

## 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	30
	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0.0g	0%
Trans Fat 0.0g	0%
<b>Cholesterol</b> 0.0mg	0%
<b>Sodium</b> 10.0mg	0%
<b>Total Carbohydrate</b> 4g	2%
Dietary Fiber 3.0g	11%
Sugars 0.0g	0%
Includes Added Sugars 0g	
<b>Protein</b> 3.0g	0%
Calcium 28.0mg	2%
Potassium 121.0mg	2%
Iron 1.0mg	2%
Vitamin D 0.0mcg	0%

Are frozen broccoli florets healthy?

Frozen broccoli is typically picked and frozen at peak freshness to maintain its nutritional value. Occasionally, frozen broccoli can be more nutritious than fresh broccoli because the blanching process before being frozen can kill bacteria, preserve nutritional value, and prevent spoiling.

Is frozen broccoli as good as fresh?

In fact, in some instances, frozen vegetables are more nutritious than their fresh counterparts. For example, frozen broccoli has 400% more beta-carotene than fresh broccoli! Frozen vegetables can keep a high level of nutrients because they're picked at peak ripeness and then flash frozen within 24 hours.

How to Saute Frozen Broccoli?

Heat some olive oil in a cast-iron skillet or nonstick frying pan. Add a clove or two of minced garlic.



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Once the garlic starts to turn lightly brown, add the thawed garlic. Toss cook until bright green. You can cook until some brown spots appear on the broccoli if you like. Add lemon zest and juice, salt to taste, and you are done!