



# Frozen Broccoli Sprouts

## 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 :

How long can you keep broccoli sprouts in the refrigerator?

Broccoli sprouts can be frozen and stored for 10 – 14 days and it is perhaps beneficial to do so. Whilst freezing vegetables rarely affects their nutrients, broccoli sprouts are an exception as they contain sulforaphane.

How do you defrost broccoli sprouts?

- 1.Spread your frozen broccoli sprouts out on a defrosting tray or large plate.
- 2.Make sure there's as little overlap as possible.
- 3.Leave in a cool area out of direct sunlight.
- 4.Check every 10 minute and drain if necessary.
- 5.After 20-30 minutes they should be completely defrosted.