



# Frozen Brussel 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 :

<b>Calories</b>	<b>35</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> 15mg	
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 3g	
Sugars 2g	
Includes Added Sugars 0g	
<b>Protein</b> 3g	
<b>Calcium</b> 22.0mg	

Are frozen Brussel sprouts as good as fresh?

Do Frozen Brussels Sprouts Taste As Good As Fresh? Let's be honest. No, frozen roasted Brussels sprouts don't taste as good as fresh ones. But they are as close as you can get, and they are still really good!

How do you thaw frozen Brussel sprouts?

Frozen Brussels sprouts will defrost quickly at room temperature. Remove them from the freezer for 5 or 10 minutes before cooking to thaw.

Why are my frozen Brussel sprouts brown inside?

If they are brown or black, it is a sign of mold, and you should discard them right away. Look at the sprouts and see if you can see or feel some gray powder on them. If yes, then it indicates downy mildew caused due to fungus. It would help if you immediately discarded them.