



Frozen Butternut Squash

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 :

Serving Size	2/3 Cup (95g)
Amount per serving	
	% Daily Value*
Total Fat 0g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0.0mg	
Sodium 0mg	
Total Carbohydrate 14g	
Dietary Fiber 1g	
Sugars 3g	
Includes Added Sugars 0g	
Protein 2g	
Calcium 20.0mg	
Potassium 200mg	

Should I defrost butternut squash before cooking?

Frozen butternut squash freezes well with little loss of flavor or nutrients, and it can be used in soups, simple side dishes, casseroles and even in baked goods. It is best used after being thawed and drained so that the dish won't be watery. Frozen butternut squash can be used to make soup.

How Long Does Frozen Squash Last?

Properly stored, frozen squash will maintain best quality for about 12 months in the freezer, although it will usually remain safe to eat after that. ... Frozen squash that has been kept constantly frozen at 0°F will keep safe indefinitely, as long as it has been stored properly and the package is not damaged.