



# Frozen Carrots

## 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>30</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
<b>Protein</b> 1g	

### How to Freeze Carrots?

Drop the carrot slices into the boiling water to blanch them for a few minutes. Remove them with a slotted spoon and transfer to the mixing bowl with ice water. Drain the carrots, and place them in a single layer on a lined baking sheet. Transfer to the freezer for an hour or two until frozen solid.

### Are carrots good after being frozen?

Properly stored, frozen carrots will maintain best quality for about 12 months in the freezer, although they will usually remain safe to eat after that. ... Frozen carrots should be discarded if left for more than 6 hours at room temperature, as bacteria grow rapidly at temperatures between 40 °F and 140 °F.

### How do you unfreeze carrots?

The best way to thaw frozen carrots is to place them in the refrigerator to defrost overnight. Defrosted carrots will cook faster than they will from frozen.

### Do you have to defrost carrots before cooking?

Typically, the best practice when cooking frozen vegetables is to not defrost first. ... Additionally, defrosting frozen vegetables can cause them to lose the flavor and nutrients that are sealed in from their freezing process, especially if you defrost them a day or two prior to cooking.