



# Frozen Chopped Onions

## 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>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 10.0mg	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
Includes Added Sugars 0g	
<b>Protein</b> 0g	
Calcium 260.0mg	0%
Potassium 100mg	2%
Iron 0.0mg	0%
Vitamin D 0.0mcg	0%

Are frozen chopped onions any good?

if simple simmering or glazing is what you're planning, then frozen onions could do you well, provided you like a stronger onion flavor. If a heartier texture that stands up better to cooking is what you need, or you prefer the milder, grassier flavor of fresh onions then stick with the fresh.