



# Frozen Chopped Spinach

## 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>Serving Size</b>	<b>3/4 Cup (85g)</b>
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Amount per serving	<b>% Daily Value*</b>
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<b>Total Fat</b> 0g	
<hr/>	
Trans Fat 0g	
<hr/>	
<b>Cholesterol</b> 0.0mg	
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<b>Sodium</b> 65mg	
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<b>Total Carbohydrate</b> 0g	<b>1%</b>
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Dietary Fiber 2g	
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Sugars 1g	
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Includes Added Sugars 0g	
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<b>Protein</b> 3g	
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Potassium 294mg	

Is frozen spinach as good as fresh?

Fresh spinach loses some of its vitamins and folate over time which is why if you don't eat it immediately it isn't as good for you. Frozen spinach keeps the nutrients packed inside when it is frozen thus another reason to always keep it on hand.

Is frozen chopped spinach cooked?

Frozen spinach can be subbed in pretty much any place you'd normally be cooking raw spinach. ... Since frozen spinach is blanched (that is, boiled briefly in very hot water and then submerged in cold water to stop the cooking and retain the color) before it's packaged, it's like a shortcut.