



# Frozen Cut Green Beans

## 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>25</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>2%</b>
Sugars 0g	<b>0%</b>
<b>Protein</b> 2g	
Calcium 30mg	<b>2%</b>
Potassium 90mg	<b>2%</b>
Iron 0.5mg	<b>2%</b>
Vitamin D 0µg	<b>0%</b>

Are frozen green beans a vegetable?

Green beans are the best way to preserve fresh vegetables today for better preservation, extend the time of consumption, and play a role in preserving freshness, so freezing is adopted to have green beans to eat during the empty window of vegetables. Although green beans are frozen, they are still vegetables and make soups and roasting vegetables.

Can green beans be frozen?

As long as the frozen kind is quick-frozen, there is no problem. After thawing, you have to eat them quickly, or they will go bad soon! If you want to store it for 2-3 days, put it in the refrigerator freezer; if you want to store it longer, put it in the freezer.

You can cook the beans and let them cool, divided into small packets (each packet is enough to eat a meal), placed in the refrigerator freezer when you want to eat a packet out of the thaw. You can leave it for a long time so that you can eat green beans in the opposite season.

How to freeze green beans?

1.if the green beans have been shelled, you can use the green beans with boiling water Nao, cooled



into small packages with food bags, put them in the freezer for storage, without boiling water Nao can also be, but when eating will find the green bean skin a little hard.

2. if you have not shelled, you can green beans with skin with boiling water Nao, cooled with food bags into small packages, put in the refrigerator freezer. When eating, take out the small package of frozen, a little rubbing, the skin, and beans separated.

Are frozen green beans as good as fresh?

Frozen green beans are not as good as fresh, but they're miles better than canned ones and thus a decent compromise. The nice thing about frozen green beans is that they're quick frozen but not cooked, which means they retain their color—although their texture suffers a bit in the process of freezing and thawing.