



# Frozen Kale

## 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 :

### Calories

**30**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	<b>0%</b>
<b>Sodium</b> 15.0mg	<b>1%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	7%
Sugars 1g	
Includes Added Sugars 0g	
<b>Protein</b> 2g	
<b>Calcium</b> 120.0mg	<b>10%</b>
<b>Potassium</b> 270mg	<b>6%</b>
<b>Iron</b> 1.0mg	<b>6%</b>
<b>Vitamin D</b> 0.0mcg	<b>0%</b>

Is frozen kale as good as fresh?

If you're wondering whether frozen kale is as healthy as the fresh stuff, it totally is. It has all of the same nutrients that fresh kale has, and sometimes even more, depending on how "fresh" your fresh kale really is.

Is kale good after frozen?

Frozen kale is great to use in any recipe where the kale will be sautéed or added to a hot liquid, like a soup or stew. And because it thaws so quickly in the hot pan, you don't need to thaw before adding it to your recipe.



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Does freezing Kale ruin it?

Kale, like few other vegetables, freezes beautifully — but you have to deactivate enzymes in the kale before putting it in the freezer. Most vegetables have these enzymes that cause the vegetables to continue aging and rotting even if the vegetable is frozen.

Does freezing Kale reduce nutritional value?

Generally speaking, freezing helps retain the nutrient content of fruits and vegetables. However, some nutrients begin to break down when frozen produce is stored for more than a year ( 2 ). Certain nutrients are also lost during the blanching process. In fact, the greatest loss of nutrients occurs at this time.

How do you defrost frozen kale?

How do you defrost frozen kale? To defrost frozen greens, simply take the Ziploc bag they're stored in out of the freezer and place it on the counter or in a bowl of cool water. No need to take the kale out of the bag to defrost. However, in some recipes you can keep the kale frozen, such as in kale smoothies.