



Frozen Lima 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 :

Calories	90
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 17g	7%
Dietary Fiber 5g	
Sugars 0g	0%
Includes Added Sugars 0g	
Protein 6g	
Calcium 33mg	2%
Potassium 375mg	8%
Iron 2mg	10%
Vitamin D 0µg	0%

Are frozen lima beans cooked?

Frozen lima beans are usually pre-cooked and don't require any soaking or initial preparation. However, dried lima beans will need to be prepared. Soak your beans. Thoroughly wash and drain your beans before preparing them.

How long does it take to cook frozen lima beans?

Place frozen lima beans in a braising pan. Steam jacketed kettle or stockpot. Cover the lima beans with water. Bring the water to a boil. Decrease the heat until the water simmers and cook the lima beans for 12-14 minutes.

Do I need to soak frozen lima beans?

Leave the bowl of lima beans and water in the refrigerator for 8 hours. After 8 hours, drain the water from the beans and rinse them again with fresh water. Soaking the lima beans is necessary because

it helps to remove some of the sugars, which makes the beans easier to digest.