



# Frozen Mixed Vegetables

## 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>50</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> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 0g	<b>0%</b>
Includes Added Sugars 0g	
<b>Protein</b> 2g	
Calcium 0mg	<b>0%</b>
Potassium 100mg	<b>2%</b>
Iron 0.5mg	<b>2%</b>
Vitamin D 0µg	<b>0%</b>

not all frozen vegetables are created equal. Think: salad greens, green beans, or boxed vegetables covered in a cheesy sauce. If you're a little hesitant about buying the bagged varieties behind those glass door freezers, you should know that frozen veggies are processed at the peak of ripeness, when their nutrient levels are highest. Here are nine vegetables you can feel good about stockpiling from the cold aisle.

Are frozen mixed veggies healthy?

The way that you cook frozen vegetables can also affect their nutrient content, as well as whether they contain any added sugar, salt, or premade sauces and seasonings. However, for the most part, frozen vegetables can be a nutritious and convenient addition to a balanced diet.

What are the mixed vegetables included?

Broccoli?Brussels Sprouts?Butternut Squash?Carrots?Cauliflower?Corn?Peas?Spinach

