



Frozen Mustard Greens

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	35
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0.0g	0%
Trans Fat 0.0g	0%
Cholesterol 0.0mg	0%
Sodium 20.0mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3.0g	11%
Sugars 1g	0%
Includes Added Sugars 0g	
Protein 2g	0%
Vitamin A	35%
Vitamin C	8%
Calcium 92mg	8%
Potassium 123.0mg	2%
Iron 0	6%
Vitamin D 0	0%

How do you get the bitterness out of mustard greens?

Cook bitter greens with bacon or sausage, pump up the garlic, throw in something spicy, or add a sweet element, like roasted squash or dried fruit. Having a strong contrasting flavor will temper the bitterness and help balance the dish out since bitter greens can have a strong vegetal flavor in addition to bitterness.

Can you freeze mustard greens?

Yes, you can freeze mustard greens. Mustard greens can be frozen for between 8 and 12 months. You need to blanch them before freezing, or they won't survive the process. Blanching before freezing will help mustard greens retain their color, flavor, and nutrients.

How to Freeze Mustard Greens?

If you want to freeze your mustard greens whole and are ready to cook as a green leafy vegetable, follow this method. You do need to blanch them because leafy greens don't freeze raw very well.