



Frozen Okra

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*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 0g	0%
Includes Added Sugars 0g	
Protein 1g	
Calcium 55mg	4%
Potassium 0mg	0%
Iron 0mg	0%
Vitamin D 0µg	0%

Is frozen okra healthy?

These pods are a good source of dietary fiber, minerals, and vitamins. The pods are a good source of many essential minerals such as calcium, magnesium, and phosphorus. Okra is also high in vitamins A, K, and C.