



Frozen Peas

Specifications :

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|--------------------|-------------|
| 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 :

Why are frozen peas not good?

You'd have to thaw and shell them, negating the convenience of frozen peas, as well as having a lower yield of edible product per bag. Bags of peas would have to be huge, just to get one pound of edible product.

Are Frozen peas good for you?

They contain nutrients include vitamin C, folate and vitamin B1. While being low in sugars, peas are also high in fibre. We should all be aiming to eat more fibre in our diets and adding a side of peas can make your dinner that extra bit more satisfying too.

Do I need to cook frozen peas?

Frozen peas are flash-steamed before they're frozen, so they're already ready to eat—you just want to warm them very quickly so they maintain their slight bounce and bright color. Despite what their packages say, if you cook frozen peas for longer than a minute, they lose their sweetness and that delicious pea "pop."