



Frozen purple hull peas

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	120
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0.00mg	0%
Sodium 0.0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Sugars 1g	
Includes Added Sugars 0g	
Protein 8g	
Vitamin A	0%
Vitamin C	0%
Calcium 22.00mg	2%
Potassium 309.0mg	6%
Iron 2.00mg	10%
Vitamin D 0.00mcg	0%

How to Cook and Season Southern Purple Hull Peas?

- 1.Wash shelled peas and bring a pot of water to boil.
- 2.Blanch in water for 2 minutes, then place them in a bowl of ice-cold water until they are no longer warm.
- 3.Drain and place them in airtight plastic bags; don't fill the bag up; leave about 2 inches of space.

Are purple hull peas bad for you?

Nutritionally, southern peas {the purple hull pea is a member of the southern pea family} are a good source of protein and one of the best sources of dietary fiber available. They are also very high in folate, a form of B vitamin that prevents anemia, cancer, and congenital disabilities.



Can you freeze fresh purple hull peas?

To freeze, wash shelled peas or butterbeans and blanch in boiling water to cover for 2 minutes; cool immediately in ice water, and drain well. Package in air-tight containers, leaving 1/2-inch headspace, or in zip-top plastic freezer bags, removing as much air as possible.

How long do frozen purple hull peas last?

Add them to a freezer-safe, gallon-sized zip-top bag. You could also freeze the peas in a snug, freezer-safe, airtight container. Lay them flat (if possible) and place them in the freezer. Eat within four months for the best results.