



# Frozen Sprouts

## 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>35</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0.0mg	
<b>Sodium</b> 15mg	
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 3g	
Sugars 2g	
Includes Added Sugars 0g	
<b>Protein</b> 3g	
<b>Calcium</b> 22.0mg	

Are Frozen sprouts any good?

Just like fresh Brussels sprouts, frozen Brussels sprouts are healthy. They're rich in antioxidants, fiber, Vitamin-K, and Vitamin-C. Olive Oil. Don't skimp!

Are frozen sprouts as good as fresh?

They're flash-frozen at peak freshness. And with the convenience of lasting a lot longer when stored than fresh veggies, that's all the more reason to stock up! The way you cook the veggies also matters. Roasting them (as opposed to boiling them) helps them keep more of their nutrients.

Are Frozen sprouts pre-cooked?

Frozen brussels sprouts are already semi-cooked/blanched, so if you cook them as fresh, they'll turn into mushy monsters - however - they are PERFECT for oven roasting. Have a Google - tons of recipes out there.

Can uncooked sprouts be frozen?

Like most vegetables, Brussels sprouts freeze beautifully so you can enjoy them throughout the year. The little cabbage-like sprouts grow on the stalk. You can even roast them, stalk and all, and then cut



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them off to eat or freeze.