



Frozen Squash

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	45
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0.0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 0g	
Vitamin A	100%
Vitamin C	25%
Calcium	2%
Iron	2%

Should frozen squash be thawed before cooking?

Frozen butternut squash freezes well with little loss of flavor or nutrients, and it can be used in soups, simple side dishes, casseroles, and even in baked goods. It is best used after being thawed and drained so that the dish won't be watery. Frozen butternut squash can be used to make soup.

How do you defrost frozen squash?

To thaw frozen butternut squash, remove from the freezer and place in the refrigerator until thawed completely. What is this? Frozen butternut squash can be added directly to the recipe or quickly thawed in the freezer bag under running water if used in recipes.

Can you refreeze squash?

When you refreeze squash, the biggest change is to the texture. This could be a problem if you froze your butternut squash in chunks. However, if you pureed it or made it into a soup, refreezing it shouldn't be a problem. You might notice it doesn't taste as good, but there shouldn't be too much of



a change.