



Frozen Sugar Snap 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	40
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0	0%
Trans Fat 0g	
Cholesterol 0	0%
Sodium 0	0%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Sugars 3g	
Includes Added Sugars 0g	
Protein 2g	
Vitamin A	4%
Vitamin C	15%
Calcium 40.00mg	4%
Potassium 170	4%
Iron 0.70mg	4%
Vitamin D 0.00mcg	0%

How to Blanch and Freeze Sugar Snap Peas?

Spread the blanched sugar snap pea pods in a single layer on a baking sheet. Freeze for 1 to 2 hours (until completely frozen through). Transfer the frozen sugar snap peas to freezer bags or containers and label the date. Frozen sugar snap peas will keep for eight months.

How do you eat frozen sugar snap peas?

You can pop out the peas and serve them raw to kids to start. You can cut the whole pod into very thin slivers. Chop up the pods and saute until soft. Serve them whole, raw to kids three and over—or when they're able to chew them well.