



# Frozen Sweet Corn

## 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>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0	<b>0%</b>
<b>Sodium</b> 0	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 6g	
Includes Added Sugars 0g	
<b>Protein</b> 3g	
Vitamin A	0%
Vitamin C	6%
Calcium 0.00mg	0%
Potassium 250	6%
Iron 0.40mg	2%
Vitamin D 0.00mcg	0%

What is frozen sweet corn?

Frozen Corn stays fresh for a long time which makes it convenient for any-time use. The corns are frozen immediately after quality check to retain its flavour, which makes it healthy and nutritious. Corn is an all-rounder and goes well with a variety of recipes.

Is it bad to eat frozen sweet corn?

News of the bacterial infection has led many to question whether it's safe to eat frozen vegetables at all. However, health organizations have stated that frozen vegetables, including frozen sweetcorn, can still be consumed if the correct preventive measures are taken.



How do you cook frozen sweetcorn?

- 1.Heat water, milk, butter, broth concentrate and seasoning over medium high heat.
- 2.Add frozen corn on the cob to the boiling liquid.
- 3.Allow to come to a boil again with corn in liquid and cook for 5 minutes.
- 4.Remove corn from hot liquids and drain. Serve hot with butter, salt and pepper.

How many carbs are in frozen sweet corn?

Frozen Sweet Corn (1 serving) contains 18g total carbs, 18g net carbs, 0g fat, 3g protein, and 84 calories.