



Frozen Swiss Chard

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	25
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0.0g	0%
Trans Fat 0.0g	
Cholesterol 0.0mg	0%
Sodium 160.0mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2.0g	7%
Sugars 0.0g	0%
Includes Added Sugars 0g	
Protein 2.0g	
Calcium 50.0mg	2%
Potassium 480.0mg	10%
Iron 1.97mg	10%
Vitamin D 0.0mcg	0%

Should you wash chard before storing?

Do not wash Swiss chard before storing as the exposure to water encourages spoilage. Place chard in a plastic storage bag and wrap the bag tightly around the chard, squeezing out as much of the air from the bag as possible.

How do you cook frozen Swiss chard?

Drop about one pound of whole leaves in boiling water, cover and blanch for 2 minutes (blanch stems for 3 minutes). Remove chard from water and immerse in an ice water bath for 2 minutes. Drain. Pack in zip-closure freezer bags or freezer containers, leaving no headspace.

How long does frozen Swiss chard last?

How long does Swiss chard last in the freezer? Properly stored, Swiss chard will maintain best quality



in the freezer for about 12 months, but will remain safe beyond that time. The freezer time shown is for best quality only - Swiss chard that has been kept constantly frozen at 0°F will keep safe indefinitely.