

Frozen Turnip Greens

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:

Amount per serving

	% Daily Value
Total Fat Og	
Saturated Fat Og	
Trans Fat Og	
Cholesterol 0.0mg	
Sodium 30mg	
Total Carbohydrate 3g	
Dietary Fiber 2g	
Sugars Og	
Includes Added Sugars Og	
Protein 2g	

What to pay attention to when freezing vegetables?

- 1.Keep frozen until ready to cook.
- 2.Do not refreeze.
- 3.Heat to 165°F before use.
- 4. Refrigerate leftovers.

Are frozen turnip greens good for you?

The high levels of nutrients in turnip greens can enhance health and help prevent disease. Dietary nitrate, for example, has been shown to protect the health of the cardiovascular system, reducing the risk of coronary heart disease, stroke, and hypertension. Other nutrients offer further benefits. How do you put up turnip greens in the freezer?

To blanch, place your greens in a colander or loose in a big pot of boiling water. When the water returns to a boil, start counting your blanching time. Make sure to agitate your greens so they heat thoroughly. After blanching, cool greens in ice water, drain and package in ziplock vacuum bags or pint jars and freeze.