



Frozen Turnips

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	0%
Cholesterol 0.0mg	0%
Sodium 5.0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2.0g	7%
Sugars 0.0g	0%
Includes Added Sugars 0g	
Protein 0.0g	0%
Calcium 26.0mg	2%
Potassium 155.0mg	4%
Iron 0.0mg	0%
Vitamin D 0.0mcg	0%

How do you cook frozen turnips?

- 1.Available package and pour frozen turnip greens into a saucepan.
- 2.Cover with water.
- 3.Boil for 3 minutes.
- 4.Reduce heat, cover, and simmer for 25-30 minutes. Additional water may be needed.
- 5.Drain and season to taste.

Can you freeze raw turnip?

Root vegetables, like turnips, provide excellent ingredients for soups and stews. They can be frozen to use easily in recipes throughout the winter months. You should blanch turnips before your freeze them to maintain their nutrients during storage.