

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 Og | 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 Og | |
| 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.