



Frozen Yellow Squash

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 :

Serving Size	2/3 Cup (95g)
Amount per serving	
	% Daily Value*
Total Fat 0g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0.0mg	
Sodium 0mg	
Total Carbohydrate 14g	
Dietary Fiber 1g	
Sugars 3g	
Includes Added Sugars 0g	
Protein 2g	
Calcium 20.0mg	
Potassium 200mg	

Is frozen yellow squash good?

Yes, you can certainly freeze it without blanching. The purpose of blanching prior to freezing is to stop the enzymes that degrade the flavor, it's not for safety. As long as you eat the squash within 4 to 6 months, the flavor should be ok.

Can yellow squash be sliced and frozen?

Freeze the squash cubed or sliced if you plan on preparing the zucchini or squash as a side vegetable, casserole, soup, or stews. You can also grate it and freeze it in 1- to 2-cup portions for zucchini bread, muffins, and cakes. Feel free to combine zucchini and summer squash when you freeze them.

How do you store yellow squash in the freezer?

Drain the squash. This will remove excess moisture and prepare the squash for freezing. Put it in a zip-close freezer bag (I used pint-sized bags), and get out as much air as you can. Then stick it in the



freezer for use any time of the year!