



# Frozen Zucchini

## 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	15
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0.0g	0%
Trans Fat 0.0g	
Cholesterol 5.0mg	0%
Sodium 0.0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber <1.0g	4%
Sugars 0.0g	0%
Includes Added Sugars 0g	
Protein 1.0g	
Calcium 12.0mg	0%
Potassium 104.0mg	2%
Iron 0.0mg	0%
Vitamin D 0.0mcg	0%

What is the best way to preserve zucchini?

1.Store In the fridge, properly wrapped

If you're planning on using the zucchini soon, go ahead and store it in your fridge.

To store zucchini in the fridge, keep the squash whole, dry and unwashed. Store them in a plastic or paper bag with one end open to encourage air circulation, and pop them in the refrigerator crisper drawer. They'll keep there for 1 to 2 weeks, though you'll probably see the skin start to shrivel over time.

3.Blanch and store In the freezer

Zucchini will keep for about 3 months in the freezer, which is your best bet if you've got more squash than you can deal with in the foreseeable future. Here's how to freeze zucchini or summer squash:



Wash the zucchini and slice them into 1/2-inch rounds and get ready to blanch them. Blanching stops enzyme activity in the vegetables, which causes them to change texture and lose nutrients—and blanching also keeps the squash's color vibrant.

Bring a large pot of salted water to a boil and set up a large bowl of ice water. When the water is boiling, toss the zucchini slices in for 1 to 2 minutes, just until brightly colored and a bit tender.

Immediately drain them in a colander and transfer to the ice bath to stop the cooking.

When the zucchini slices are cool, drain them in a colander and pack them in freezer bags in 1- or 2-cup batches. You can pack away grated raw zucchini, too. It'll give off liquid when defrosted, but you can just drain that off or use it in soup.

How do you keep zucchini from getting soggy when frozen?

1. Shred zucchini using a food processor or a boxed grater.
2. Wring out as much moisture as possible using a cheese cloth. It's best that you do this **BEFORE** freezing to prevent a mushy mess after thawing.
3. Measure and store zucchini in 1 cup portions in 1-quart freezer safe bags.