

# The correct way to eat frozen fruits and vegetables

## Detail Introduction :

The emergence of quick-frozen fruits and vegetables provides convenience for our lives, but we must eat them correctly to ensure that the nutritional value of fruits and vegetables is not discounted. The following are the correct ways to eat quick-frozen fruits and vegetables:



1. Take out the cooked quick-frozen fruits and vegetables from the freezing layer in advance, and put them in the refrigerator for a period of time. If the temperature is too high, the outflow of juice in food will take away protein, minerals, vitamins and other water-soluble nutrients, which is not conducive to the protection of frozen food nutrition and the stability of quality.

2. After taking out the food, thaw it in a microwave oven. Microwave thawing has penetrating power and can heat the food evenly inside and outside. Microwave thawing is also not easy to produce juice, so as to protect food nutrition. It should be noted that microwave thawing cannot be heated until the food becomes soft.

3. Take out the quick-frozen fruits and vegetables that have not softened and put them at room temperature until they are completely thawed. Quick-frozen fruits and vegetables cannot be re-frozen, which has a negative impact on the nutrition of the food. The correct way is: according to the required amount for each serving, divide them into several small pieces, wrap them in plastic wrap and freeze them. Take as much as you eat to avoid secondary freezing.