

Why choose frozen food

Detail Introduction :

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From a popular concept, quick-frozen food refers to the food that completes the freezing process in about 15 minutes in a strong cold environment, so that it can be stored and transported at a temperature of minus 18°C or lower. Usually include aquatic products (sea shrimp, frozen fish, shrimp, etc.), fresh meat (pork, chicken, hot pot, dumplings, etc., fried and vegetables (peas, carrots).

When it comes to frozen food, people always have concerns that they are not fresh and nutritious. In fact, from a nutritional point of view, "frozen" can maintain the original freshness, color, flavor and nutritional content of natural food to the greatest extent. Especially for people who are busy with work, quick-frozen food is more convenient. The molecular structure of food remains basically unchanged, and nutrition will not be lost.