

Frozen fruit products

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What are frozen fruit products

- Frozen fruit products are fruits that are frozen to preserve their quality for long periods of time without the need for added preservatives.
- Frozen fruits have a long shelf life, are convenient, and may have a higher nutrient content than fresh.

Process of freezing fruits

- Most frozen food is instead frozen using a mechanical process using the vapor-compression refrigeration technology similar to ordinary freezers. Frozen fruits are stored at around -20°C for use whenever required. The product is then thawed, sweetened and finally heat treated and, depending on the acidity of the fruit, the temperature of the heat treatment can vary from as low as 60°C to as high as 95°C .

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Generally Frozen Fruits

- Frozen Berries
- Frozen Cherries
- Frozen Avocado
- Frozen Pineapple
- Frozen Acai

Some Vitamins Are Lost During Processing of Frozen Produce

- Blanching (Blanching is a cooking process in which fruits are immersed in hot water, removed after a short time and put into iced water to halt the cooking) results in a loss of antioxidants, B-vitamins and vitamin C. However, nutrient levels remain fairly stable after freezing.

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Source- Healthline

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