

**Facts
about**

Frozen Mushrooms

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Mushrooms are packed with nutrients like vitamins, minerals, and antioxidants. Freezing mushrooms is a great way to preserve their nutritional benefits. Freezing preserves their freshness by retaining their flavor, texture, and color. It also reduces the risk of spoilage and bacterial growth.

Frozen mushrooms can be stored for up to 8 months.

Frozen mushrooms retain their nutritional benefits like vitamin D, selenium, and potassium.

Vitamin D helps in the absorption of calcium while potassium regulates blood pressure. Selenium is an antioxidant and supports the immune system.

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Source-Open food facts

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