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Frozen Vegetables

What are frozen vegetables?

- Frozen vegetables are vegetables that have been harvested, washed, blanched, and then quickly frozen to preserve their nutritional value and freshness. They are a convenient and practical option and have a longer shelf life compared to fresh vegetables and require minimal preparation
- Frozen vegetables are often picked at the peak of ripeness and then flash-frozen immediately, which helps to preserve their nutrient content. While fresh vegetables may lose some of their nutrients during transportation and storage.

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How Freezing works ?

- Vegetables are cryogenically frozen on a line for the production of frozen vegetables.
- The vegetables' outer layers are rapidly cooled to between -80 and -120° F by travelling through a tunnel that has been liquid nitrogen-cooled to as low as -120°F.
- Foods with a thick sauce or sticky surface can be air-blasted to freeze them after briefly submerging them in an extremely cold liquid.

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- Some frozen vegetables may contain added salt, preservatives, or sauces, Which can affect their nutritional value. Thus, when buying frozen vegetables, options that are labelled as "plain" or "unseasoned" are preferred to avoid added ingredients and have better nutritional value.

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