



Edamame is a complete protein containing all the essential Amino Acids.

Ingredients: Soybeans Contains: Soy

Cooking Guidelines:

Skillet or Stove Top: Bring water to a boil in a large saucepan and add Edamame Pods. Cook 2 minutes and drain. Rinse with cold water. Drain well and serve.

Microwave: Rinse beans in cool water. Place beans in microwave safe container and cover with water. Cook uncovered on high for 2 minutes. Drain and season.

NOTE: Product should always be cooked to minimum internal temperature of 165° F. Keep Frozen.

Nutritional Values are calculated from USDA Nutrient Database, supplier information, and/or analysis.

UPC: 705723022932
 DOT #714522



Item: 2293
 Pack: 24 lbs
 Gross weight: 25.25 lbs
 Item #: 2292
 LxWxH: 14.5" x 10.75" x 7.75"
 Ti/Hi: 14x6

Nutrition Facts

About 145 servings per case

Serving size 1/2 cup (75g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 7g	3%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 2mg	10%
Potassium 327mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving Suggestions

Edamame is the perfect plant-based snack! With 9 grams of protein per serving and no cholesterol, edamame is a feel good food!

Add Shelled Edamame to a salad, pasta dish or serve as a simple side dish!

Recipe



Crispy Edamame & Chickpeas

Ingredients:

Shelled Edamame, Chickpeas, Olive Oil, Garlic Powder, Paprika, Salt & Pepper

Directions:

Pre-heat oven to 400° degrees. Drain 1 can of chickpeas and rinse. In a bowl, combine chickpeas and edamame with 2 T of olive oil, 1 T of garlic powder, 1 Tsp paprika and salt & pepper. Toss to combine.

Add mix to a lined baking sheet and bake for 25 minutes, turning once until golden and crisp. Enjoy!