



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.

To eat, push the beans out of the pod and into your mouth.

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: 705723022925
 DOT #714521



Item: 2292
 Pack: 20 lbs
 Gross weight: 21.25 lbs
 LxWxH: 14.5" x 10.75" x 7.75"
 Ti/Hi: 14x6

Nutrition Facts

About 64 servings per case
Serving size 1/2 cup edible part (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!

Edamame pods are traditionally enjoyed by biting down on the pod to pull out the edamame! Different seasonings can be sprinkled onto the edamame too!



Recipe

Zesty Garlic Edamame Pods

Ingredients:

Edamame Pods, 1 T Garlic Powder, 1 Tsp White Pepper, 1 Tsp Salt, 1 Tsp Black Pepper, 1\2 Tsp Smoked Paprika, 4 T of Olive Oil.

Directions:

Prepare edamame according to package directions. While cooking edamame, prepare the garlic seasoning by adding all ingredients to a bowl. Stir to combine and microwave for 45 seconds or until warm.

Drizzle the seasoning mixture over the cooked edamame and toss to combine.

Enjoy edamame by biting down on the pod and pulling out the edamame!