



Simplot

410081 - Soybean Edamame Shelled

Great source of protein in a plant-based dish; High quality, farm-fresh flavor and color; Reduces costly labor just heat and serve; Consistent year-round quality and pricing



Nutrition Facts

Servings per Container **13**
Serving size **84.0g (84g)**

Amount per serving
Calories 100

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.8mg	10%
Potassium 405mg	9%

* 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.

* Benefits

Great source of protein in a plant-based dish; High quality, farm-fresh flavor and color; Reduces costly labor just heat and serve; Consistent year-round quality and pricing. This shelled edamame offers bright green color, delicious flavor and texture. Perfect for grain bowls, salads, and vegan and vegetarian recipes. Edamame is the only vegetable that contains all nine essential amino acids, serving as a complete protein for a healthful diet.

Ingredients

Soybeans

Allergens

Contains:



Free From:



Handling Suggestions

Keep Frozen

Serving Suggestions

Perfect for grain bowls, salads, and vegan and vegetarian recipes.

Prep & Cooking Suggestions

Perfect for grain bowls, salads, and vegan and vegetarian recipes.

Product Specifications

Brand	Manufacturer	Product Category
Simplot	Dot Foods Frozen	Vegetables, Canned & Frozen

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	410081	410081	10071179522768		6/2.5 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.25lb	15lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.38in	12in	5.13in	0.48ft3	12x11	474days	-2°F / -5°F



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Nutrition Analysis - By Measure

Calories	100	Total Fat	4g	Sodium	5mg
Protein	9	Trans Fats		Calcium	0mg
Total Carbohydrates...	6g	Saturated Fat	0.5g	Iron	1.8mg
Sugars	2g	Added Sugars	0g	Potassium	405mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

