



Simplot
410081 - Soybean Edamame Shelled

Great source of protein in a plant-based dish; High quality, farm-fresh flavor and color; Reduces costly laborjust 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 laborjust 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-1 2• | |
| Monosodium | | Sulphites | | Nitrates | |

 Additional Images

