



Greenland
80688 - **Cooked Edamame**
See package for details



* Benefits

Ingredients

Soybeans

⚠ Allergens

Contains:



Free From:



Nutrition Facts

Servings per Container 113
Serving size 0.5CP (0.5GS21)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 8g	32%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 60mg	6%
Iron 0.8mg	10%
Potassium 0mg	0%

* 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.

Handling Suggestions

Keep frozen until use. Use immediately upon opening.

Serving Suggestions

Heat & serve

Prep & Cooking Suggestions

Thaw & heat & serve, Season to taste

📄 Product Specifications

Brand			Manufacturer			
Greenland			Ming Hong International			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
	80688	80688	10654156806886		1/20 LB	
Gross Weight		Net Weight	Country of Origin	Kosher	Child Nutrition	
21lb		20lb	China	Yes		
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16in	11in	8in	0.81ft3	10x10	180days	-5°F / -2°F



Nutrition Analysis - By Measure

Calories	90	Total Fat	2g	Sodium	30mg
Protein	10	Trans Fats	0g	Calcium	60mg
Total Carbohydrates...	9g	Saturated Fat	0g	Iron	0.8mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	8g	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

