

## SIMPLOT 204564 - Edamame Shelled Blanched S/O

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 2/3cup(84g)			
	Amount per serving Calories	100		
		% Da	ily Value*	
		Total Fat 4g	5%	
		Saturated Fat 0.5g	3%	
		Trans Fat 0g		
		Cholesterol Omg	0%	
* Benefits		Sodium 5mg	0%	
•		Total Carbohydrate 6g	2%	
		Dietary Fiber 4g	14%	
		Total Sugars 2g		
		Includes 0g Added Sugar	0%	
Ingredients	Allergens	Protein 9g		
ingreatents	Allergens			
SOYBEANS. CONTAINS: SOY.	Contains:	Vitamin D 0mcg	0%	
	(S) soy	Calcium 50mg	4%	
		Iron 1.8mg	10%	
	Free From:	Potassium 405mg	9%	
	Image: Symplectic symple	* The % Daily Value (DV) tells you how muc a serving of food contributes to a daily diet. a day is used for general nutrition advice.		

### Handling Suggestions

Keep frozen 0F or below

# Serving Suggestions

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.

# Prep & Cooking Suggestions

Stove Top / Saut Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW. THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. STOVE TOP 1. Bring 5 quarts of water to a boil on HIGH. 2. Add one bag of frozen vegetables and cook for 8 minutes, stirring as needed.

#### **Product Specifications**

Brand			Manufacturer						
SIMPLOT			JR SIMPLOT CALDWELL ID.						
MFG :	#	SPC #		GTIN			Pack	Pack Desc.	
52276	5	204564		10071179522768			6	6/2.5#	
Gross V	Gross Weight Net Weight		Country of Origin		K	Kosher Child Nutri			
15	b	15lb		CHN				No	
Shipping Information									
Length	Width	Height	Volur	ne	TIxHI	Shelf L	ife	Storage Temp From/To	
0in	0in	0in	0.53f	t3	13x7	0DAY:	S	0°F / 32°F	





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Nutrition Analysis - By Serving

Calories	100	Total Fat	4g	Sodium	5mg
Protein	9	Trans Fats	Og	Calcium	50mg
Total Carbohydrates…	6g	Saturated Fat	0.5g	Iron	1.8mg
Sugars	2g	Added Sugars	Og	Potassium	405mg
Dietary Fiber	4g	Polyunsaturated Fat	Og	Zinc	0
Lactose		Monounsaturated Fat	Og	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

# Additional Images



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