



SIMPLLOT

# 204601 - Edamame Whole In Pod

Great source of protein in a plant-based dish ; Perfect for vegan/vegetarian menu trends; Farm-fresh flavor and color; Consistent year-round quality and pricing



### \* Benefits

## Nutrition Facts

Servings per Container 78  
Serving size 2/3cup(84g)edibleportion

Amount per serving  
**Calories 100**

% Daily Value\*

Total Fat	4g	5%
Saturated Fat	0.5g	3%
Trans Fat	0g	
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	50mg	4%
Iron	1.8mg	10%
Potassium	400mg	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.

### Ingredients

SOYBEANS.

### Allergens

#### Contains:



#### Free From:



### Handling Suggestions

6/2.5 #

### Serving Suggestions

This high quality edamame is perfect to heat and eat directly from the pod. Serve as a garnish to an entree or as a stand-alone appetizer for added Asian flair.

### Prep & Cooking Suggestions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165°F. 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. **STEAMER**1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 6 minutes. **MICROWAVE** (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1/4 cup of water and cover.3. Cook on HIGH for 20 minutes, stirring halfway through cook time.

### Product Specifications

Brand	Manufacturer	Product Category
SIMPLLOT	JR SIMPLOT CALDWELL ID.	Vegetables, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
00323	204601	10071179003236	6	6/2.5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16lb	15lb	CHN		No

#### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.38in	11.38in	5.55in	0.49ft3	10x4	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	100	Total Fat	4g	Sodium	5mg
Protein	9	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	6g	Saturated Fat	0.5g	Iron	1.8mg
Sugars	2g	Added Sugars	0g	Potassium	400mg
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

