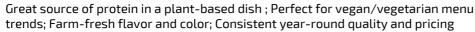


### **SIMPLOT**

# 204601 - Edamame Whole In Pod







# \* Benefits

Ingredients	▲ Allergens
SOYBEANS.	Contains:
	Free From:  Continuous

# **Nutrition Facts**

Servings per Container **78** Serving size2/3cup(84g)edibleportion

### Amount per serving alorios

Calories	100
% Da	ily 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.

# **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

# Prep & Cooking Suggestions

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 TOP1. 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. STEAMER1. 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		
SIMPLOT 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	TIxHI	Shelf Life	Storage Temp From/To	
13.38in	11.38in	5.55in	0.49ft3	10x4	0DAYS	0°F / 32°F	





# **SIMPLOT**

# 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

# 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 A(RE)			Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium	Magnesium Vit			Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

# Additional Images













