



**SIMPLOT**

# 006616 - Vegetable Edamame Shelled

Great source of protein in a plant-based dish; High quality, farm-fresh flavor and color; Reduces costly labor just heat and serve; Consistent year-round quality and pricing



### \* Benefits

## Nutrition Facts

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

Amount per serving  
**Calories 100**

	% Daily Value*
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 2g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	<b>0%</b>
Calcium 50mg	<b>4%</b>
Iron 1.8mg	<b>10%</b>
Potassium 405mg	<b>9%</b>

\* 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. CONTAINS: SOY.

### Allergens

#### Contains:



#### Free From:



### 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

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 7 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 18 minutes, stirring halfway through cook time.

### Product Specifications

Brand	Manufacturer
SIMPLOT	J.R. Simplot Company

MFG #	SPC #	GTIN	Pack	Pack Desc.
10071179522768	006616	10071179522768	6	6 / 2.5 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
16.25lb	15lb	No	CHN		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.38in	12in	5.13in	0.48ft3	12x11	730DAYS	-10°F / 10°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	405mg
Dietary Fiber	4g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	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-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

