

K-12 Edamame

Servings:	10.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Frozen Edamame GFS#147270

Nutrition Information

Calories	133.33	Protein	12.00g
Fat	5.33g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	9.33g	Fiber	5.33g
Sugar	4.00g	Sodium	6.67mg
Iron	2.40mg	Vitamin C	12.00mg
Vitamin A	0.00IU	Calcium	80.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
40 Ounce	147270	EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL	Prepare from frozen state in place 1 bag of edamame 6" steam table pan add 5 quarts of boiling water to pan. Put in steamer and cook for 8 -10 minutes. Drain and Serve.

Preparation Instructions

Place 1/2 Cup of Edamame in 5 oz plastic cups with lids

1 serving is 1/2 Cup (4oz)