



## Simplot Simple Goodness™ - Edamame, Shelled 6/2.5lb

Fresh frozen IQF green soybeans. Edamame is the only vegetable that contains all nine essential amino acids, serving as a complete protein for a healthful diet.



### Nutrition Facts

Serving Size 2/3 cup (84g)  
Servings per container about 13

	Calories from fat 35
	% Daily Values *
Calories 100	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 6g	2%
Dietary Fiber 4g	16%
Sugars 2g	0%
Protein 9g	0%
Vitamin A	6%
Vitamin C	15%
Calcium	6%
Iron	10%

\* Percent Daily Values are based on a 2,000 calorie diet.

### Ingredients

Soybeans

### Product Specifications

<b>SKU:</b>	10071179522768
<b>Pack:</b>	6/2.5 LB
<b>Brand:</b>	Simplot Simple Goodness™
<b>Gross Weight:</b>	16.25 LB
<b>Net Weight:</b>	15.00 LB
<b>Country of Origin:</b>	CN
<b>Kosher:</b>	No
<b>Vegan:</b>	Yes
<b>Vegetarian:</b>	Yes
<b>Gluten Free:</b>	Yes
<b>Allergens:</b>	Crustacean Shellfish Free, Egg Free, Fish Free, Milk Free, Peanut Free, Sesame Free, Tree Nut Free, Wheat Free, Gluten Free

### Shipping Information

<b>Length:</b>	14.030 IN
<b>Width:</b>	10.490 IN
<b>Height:</b>	5.120 IN
<b>Case Cube:</b>	0.520
<b>TixHi:</b>	11X7
<b>Shelf Life:</b>	720 Days
<b>Storage Temp From/To:</b>	-10 FA / 10 FA

### Benefits

Truly innovative menu solutions for the operator.

Bright green color, delicious flavor and optimal texture make these products instantly appealing.

Edamame are packed with protein and essential vitamins and minerals.

Blend Mixture: 100% Blanched & Shelled Edamame Soybeans.

### Serving Suggestions

Fresh frozen IQF green soybeans. Edamame is the only vegetable that contains all nine essential amino acids, serving as a complete protein for a healthful diet.

### Prep Instructions

Keep frozen until ready to use. 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:** Bring 5 quarts of water to a boil on HIGH. Add one bag of frozen vegetables and cook for 8 minutes, stirring as needed. **STEAMER:** Arrange one bag of frozen vegetables in a slotted full-size steam table pan. Steam for 7 minutes. **MICROWAVE:** (1100 watts) Place one bag of frozen vegetables in a microwave safe dish. Add 1/4 cup of water and cover. Cook on HIGH for 18 minutes, stirring halfway through cook time.