

Roasted Edamame



Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30899

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EDAMAME SHELLED	10 Pound	<p>STEAMER: Arrange entire bag of frozen soybeans in a half-size steam table pan. Add 1/3 cup of water. Steam for 7 minutes. Drain and serve.</p> <p>STOVETOP: Bring 5 quarts of water to a boil on High in a 7-quart pot. Add entire bag of frozen soybeans to boiling water. Cook for 8 minutes. Drain and serve.</p> <p>MICROWAVE: Place half bag of frozen soybeans in a microwave-safe container. Add 2 tbsp. water. Cover tightly. Microwave on High for 4 minutes, stirring after 2 minutes. Drain and serve.</p> <p>SAUTE</p> <p>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 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</p> <p>4 cup of water and cover.3. Cook on HIGH for 18 minutes, stirring halfway through cook time.</p>	312928
SPICE GARLIC GRANULATED	1 1/2 Teaspoon		513881
OIL BLND CANOLA/XVRGN 75/25	1/4 Cup		743879
SALT KOSHER COARSE	2 Teaspoon		153550
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037

Preparation Instructions

1. Preheat oven to 400F
2. Place edamame, garlic, olive oil, salt, and pepper in a bowl and toss to combine.
3. Spread onto a sheet pan and roast 10-15 minutes until edamame begins to brown. Cook time may be longer when using frozen edamame.

CCP: Cook to a min. internal temp of 140F.

CCP: Hold for hot service at 135F or higher.

Serve with a 4 oz spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	3.330
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Serving

Amount Per Serving	
Calories	145.33
Fat	7.40g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	142.67mg
Carbohydrates	10.82g
Fiber	6.67g
Sugar	2.67g
Protein	13.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 66.67mg	Iron 3.07mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available