



# Simplot Simple Goodness™ - Shelled Edamame

Simplot Simple Goodness™ Premium Vegetables make a statement with their upscale, hand-cut appearance, bright color, and outstanding flavor. We do all the washing, slicing and trimming, so you get only 100% useable product and 0% waste. This shelled edamame offers eye-catching color and outstanding flavor.

## Nutrition

Serving Size: 2/3 cup (84g)  
Servings per container about 13  
Calories: 100

	Amount per serving	% Daily Values
Total Fat	4g	5%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	6g	2%
Dietary Fiber	4g	14%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	9g	
Vitamin D	0mcg	0%
Calcium	50mg	4%
Iron	1.8mg	10%
Potassium	405mg	8%

The % Daily Value tells you how much a nutrient in a serving of foods contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

## Ingredients

SOYBEANS. CONTAINS: SOY.

## Product Specification

SKU	10071179522768
Pack	6/2.5lb
Brand	Simplot Simple Goodness™
Gross Weight	16.25lb
Net Weight	15lb
Country of Manufacture	US
Halal	N
Kosher	N
Vegan	Y
Vegetarian	Y
Low Fat	N
Low Sodium	Y
Zero Grams Trans Fat	Y

## Shipping Information

Length	13.375 in
Width	12 in
Height	5.125 in
Case Cube	0.476
TixHi	12X11
Shelf Life	730 Days
Storage Temp From/To	-10°F / 10°F

## Benefits

- 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

## 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.

## Preparation Instructions For Food Safety And Quality

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 1. 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.

STEAMER 1. 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.