simple goodness FRUITS & VEGETABLES

Nutrition

Serving Size: 2/3 cup (85g) edible portion
Servings per container
Calories: 90

	Amount per serving	% Daily Values
Total Fat	4g	5%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	7g	3%
Dietary Fiber	4g	15%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	9g	
Vitamin D	0mcg	0%
Calcium	50mg	4%
Iron	1.8mg	10%
Potassium	410mg	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.

Simplot

Simplot Simple Goodness™ - Whole 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. These healthy, green soybeans were specially developed to eat directly from the pod after cooking.

Product Specification

SKU	10071179003236
Pack	6/2.5lb
Brand	Simplot Simple Goodness™
Gross Weight	16.25lb
Net Weight	15lb
Country of Manufacture	CN
Halal	N
Kosher	N
Vegan	Y
Vegetarian	Y
Low Fat	N
Low Sodium	Y
Zero Grams Trans Fat	Y

Shipping Information

Length	in
Width	in
Height	in
Case Cube	0
TixHi	8X9
Shelf Life	730 Days
Storage Temp From/To	-10°F / 10°F

Benefits

- Great source of protein in a plant-based dish
- Perfect for vegan/vegetarian menu trends
- Farm-fresh flavor and color
- Consistent year-round quality and pricing

Serving Suggestions

This high quality edamame is perfect to heat and eat directly from the pod. Serve as a garnish to an entree or as a stand-alone appetizer for added Asian flair.

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 6 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 20 minutes, stirring halfway through cook time.