



Simplot Simple Goodness™

Whole Edamame

Pack: 6/2.5lb

SKU: 10071179003236

Nutrition

Serving Size: 4.64 oz.

Calories: 140

	Amount per serving	% Daily Values
Total Fat	6g	8%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	11g	4%
Dietary Fiber	7g	25%
Total Sugars	3g	
Includes 0g Added Sugars		0%
Protein	15g	
Vitamin D	0mcg	0%
Calcium	80mg	6%
Iron	2.8mg	15%
Potassium	640mg	15%
Vitamin A	20mcg	2%
Vitamin C	13mg	15%

The % Daily Value tells you how much a nutrient in a serving of foods contributes to a daily diet.

Ingredients

SOYBEANS. CONTAINS: SOY.

For questions, please contact the Bid Department at (800) 572-7783.

I certify that the information provided is true and correct:

Kelsey Farley

Kelsey Farley
Regulatory Manager

10/02/2023

USDA National Child Nutrition Program Product Specification Sheet

Serving Information

Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
4.64 oz.	½ cup cooked, drained, shelled, vegetable	8.62	51.72

Product Formulation Credits

Food Buying Guide Description of Creditable Ingredient	FBG Subgroup	Oz. / Raw Portion of Creditable Ingredient	Multiply	FBG Yield / Purchase Unit	Creditable Amt. (quarter cup)
Beans, Soy, fresh (Edamame) Whole, In Shell	Beans & Peas (Legumes)	4.64	X	6.90 / 16	2.00

Each 4.64 ounce serving of the product above contains 1/2 cup Beans & Peas (Legumes) vegetable or 2.00 oz. Meat Alternate.

VEGETABLE / EDAMAME, FROZEN: To be packed to U.S. Grade A Standards*.

*Simplot internal grading program, modeled after USDA standards.

Product Specification

Country of Origin	Product of China
Meets Buy American Provision <i>Exception Letter Available</i>	N
Smart Snacks Compliant	Y
Halal	N
Kosher	N
Vegan	Y
Vegetarian	Y
Zero Grams Trans Fat	Y
Milk	N
Egg	N
Wheat	N
Soy	Y
Sesame Seed	N
Peanuts	N
Tree Nuts	N
Fish	N
Molluscan Shellfish	N

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

Shipping Information

Gross Weight	16.25lb
Net Weight	15lb
Length	14.625 in
Width	11 in
Height	6.125 in
Case Cube	.570
Tie High	11X7
Shelf Life	730 days
Storage Temp From/To	-10°F / 10°F

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.

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