



Nutritional Fact Sheet

Freeze-Dried Soybeans (Edamame)

Ingredients: Freeze-Dried Soybeans (Edamame)

Description & Directions: Freeze-Dried Soybeans (Edamame) are ready to eat or use in quick cooking dishes. 1 pound of freeze-dried soybeans replaces 10 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 Grams Dry
Calories	436.65 kcal
Protein	38.3 g
Total Carbohydrate	31.66 g
Sugars	7.56 g
Added Sugars	0.00 g
Dietary Fiber	9.76 g
Total Fat	20.93 g
Saturated Fat	3.03 g
Cholesterol	0.00 mg
Thiamin – B1	0.92 mg
Riboflavin – B2	0.91 mg
Niacin – B3	1.7 mg
Vitamin B6	0.4 mg
Vitamin C	6.3 mg
Vitamin D	0.00 mcg
Calcium	290.75 mg
Iron	16.48 mg
Phosphorus	738.95 mg
Potassium	1886.2 mg
Sodium	2.1 mg
Trans Fat	0.00 g