



# Nutritional Fact Sheet

## FD Soy Beans

**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 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

<b>Nutrient</b>	<b>Per 100 grams dry</b>	<b>14g (app. 1/4 cup)</b>
Energy (Calories)	436.65	61.13
Total Fat	20.93g	2.93g
Saturated Fat	3.03g	0.42g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	2.10mg	0.29mg
Total Carbohydrates	31.66g	4.43g
Dietary Fiber	9.76g	1.37g
Sugars	7.56g	1.06g
Protein	38.30g	5.36g
Vitamin A (IU)	25.19	3.53
Thaimin-B1	0.92mg	0.13mg
Riboflavin	0.91mg	0.13mg
Niacin	1.70mg	0.24mg
Vitamin B-6	0.40mg	0.06mg
Vitamin C	6.30mg	0.88mg
Calcium	290.75mg	40.71mg
Iron	16.48mg	2.31mg
Phosphorus	738.95mg	103.45mg
Potassium	1886.20mg	264.07mg

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