

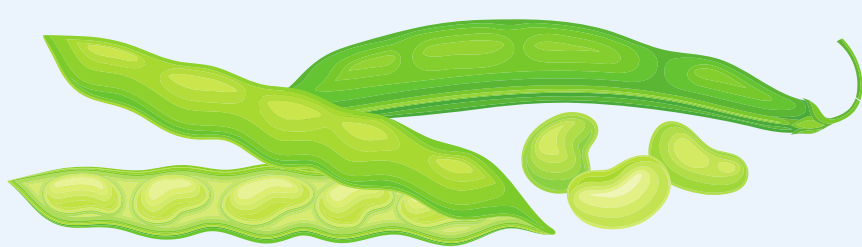


EDAMAME NUTRITION FACTS

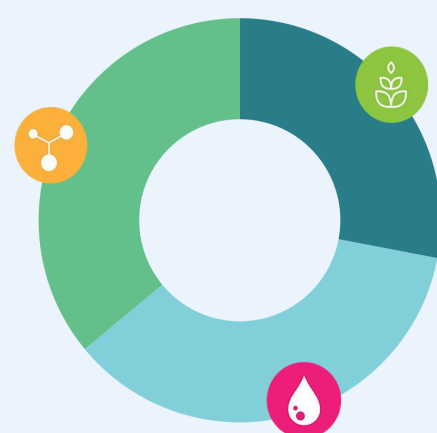


CALORIES 109/100GM

	AMOUNT		AMOUNT
CARBOHYDRATE	7.61 G	NIACIN	0.925 MG
FAT	4.73 G	VITAMIN A	14.9 MCG
PROTEIN	11.22 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.135 MG
FIBER	4.8 G	VITAMIN C	9.7 MG
RIBOFLAVIN	0.265 MG	VITAMIN D	0.00
SODIUM, NA	6.00 MG	FOLATE	303 MCG
THIAMIN	0.150 MG		



CALORIES BY SOURCE

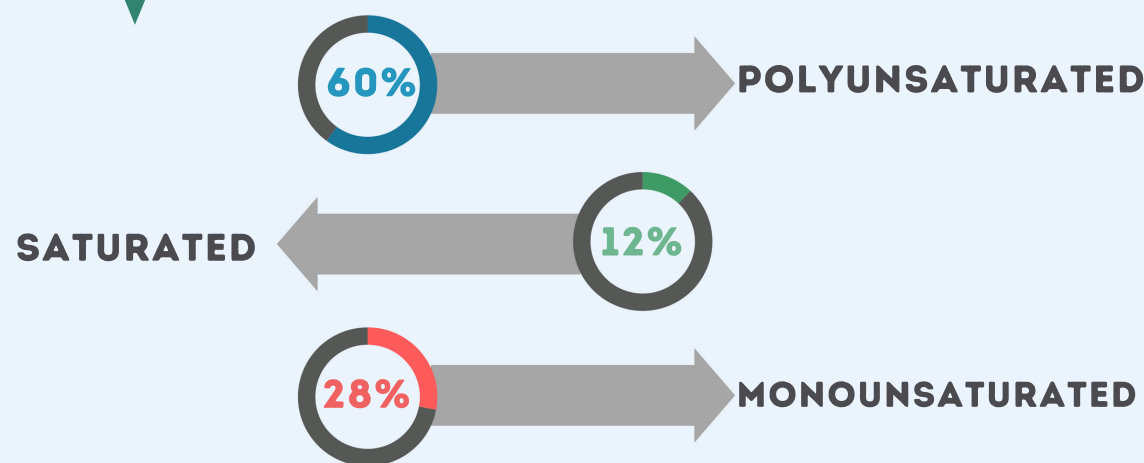


CARBOHYDRATE
28%

FAT
36%

PROTEIN
36%

FATS AND FATTY ACIDS



EDAMAME OTHER NAMES

GLYCINE MAX
SOYBEAN
BEER BEAN
GREEN SOYBEAN
MUKIMAME

MINERALS IN EDAMAME

60 MG CALCIUM, CA **5 % (DV)**

0.324 MG COPPER, CU **36 % (DV)**

2.11 MG IRON, FE **12 % (DV)**

61 MG MAGNESIUM, MG **15 % (DV)**

1.5 MCG SELENIUM, SE **3 % (DV)**

161 MG PHOSPHORUS, P **23 % (DV)**

482 MG POTASSIUM, K **10 % (DV)**

1.32 MG ZINC, ZN **12 % (DV)**

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.