



Simplot Simple Goodness™  
Whole Edamame  
Pack: 6/2.5lb  
SKU: 10071179003236

## USDA National Child Nutrition Program Product Specification Sheet

### 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

### 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	N
Exception Letter Available	
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.