



Honor Foods - Div. of Burris Logistic
Edamame-(Shelled Soybeans)

EDAMAME-(SHELLED SOYBEANS)

Brand		Manufacturer		Product Category		
St. Honorine		Honor Foods - Div. of Burris Logistic		Beans Edamame Frozen		
MFG #		GTIN		Pack	Pack Desc.	
090555		10813133011020		12	12/2 lbs	
Gross Weight		Net Weight	Country of Origin		Kosher	Child Nutrition
24.85 lbs		24.00 lbs	China			No
Length	Width	Height	Volume	TLxHl	Shelf Life	Storage Temp From/To
16.00 inches	11.70 inches	7.90 inches	0.86 cu ft	10x5	730	-5.00 / 15.00 FAH

INGREDIENTS

Edamame.

HANDLING

Keep frozen until ready to use. 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.

SERVING

For best results: Frozen vegetables should not be over cooked.

PREP & COOKING

Place vegetables in boiling water (enough to barely cover product). Bring to a second boil, reduce heat, cook for 2 to 4 minutes or until tender. Drain and serve. Microwave: Microwave all frozen vegetables on high in a covered glass baking dish. From frozen state average cooking time is 3 to 6 minutes. Stir vegetables halfway through cooking time. For best results, pierce vegetables with fork to check desired texture. Do not refreeze thawed product. If thawed, cook immediately.

Nutrition Facts

0 servings per container

Serving size 0

Amount Per Serving
Calories 110

% Daily Value*

Total Fat 0gr 0

Saturated Fat 0gr 0%

Trans Fat 0gr 0%

Cholesterol 0gr 0

Sodium 5mg 0

Total Carbohydrate 11gr 4%

Dietary Fiber 4gr 16%

Total Sugars 3gr

Includes 0 Added Sugars 0%

Protein 5gr

Vitamin D 0 0%

Calcium 0mg 6%

Iron 0mg 10%

Potassium 0mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

ALLERGENS

Free From

Milk, Eggs, Fish, Tree Nuts, Peanuts, Nuts, Wheat, Soy

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Honor Foods - Div. of Purina
Logistic



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NUTRITION ANALYSIS

Calories	110	Total Fat	0 gr	Sodium	5 mg
Protein	5 gr	Trans Fats	0 gr	Calcium	0 mg
Total Carbohydrates	11 gr	Saturated Fat	0 gr	Iron	0 mg
Sugars	3 gr	TPolyunsaturated Fat	0	Potassium	0 mg
Dietary Fiber	4 gr	Monounsaturated Fat	0	Zinc	0
Lactose		Cholesterol	0 gr	Phosphorus	0
Vitamin A(IU)	0	Vitamin D	0	Thiamin	0
Vitamin A(RE)		Vitamin E	0	Niacin	0
Vitamin C	0	Folate	0	Riboflavin	0
Magnesium	0	Vitamin B-6	0	Vitamin B-12	0

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