



EDAMAME SOYBEANS 1000 G



Ingredients

Edamame soybeans.

Product Sheet

Product Code	310056
EAN Confezione	8003495100561
Weight (G)	1000
Packs Per Carton	6
Cartoni Per Pallet	126

Directions

Steam Oven

Put the frozen product onto a perforated pan in a steam oven at 98C. Wait for the oven to heat up to 98C and steam for 3 minutes. Remove from the oven and use as desired.

Pan

Pour the frozen product in a non-stick pan with a drizzle of oil and 3 tablespoons of water, cover and cook for 6 minutes over medium heat. Use as desired.

Pot

Pour the frozen product in salted boiling water, wait for water to boil and cook for 2 minutes, drain and use as desired.

Nutrition Facts

	For 100 G
Energy	516 kJ / 124 kcal
Total fat	5 g
Saturated fatty acids	0.6 g
Carbohydrate	4.5 g
Sugars	3.5 g
Fiber	7 g
Proteins	12 g
Salt	0 g