



Boiled Edamame



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients



1 teaspoon salt



2 pounds edamame frozen



3 quarts water

Equipment

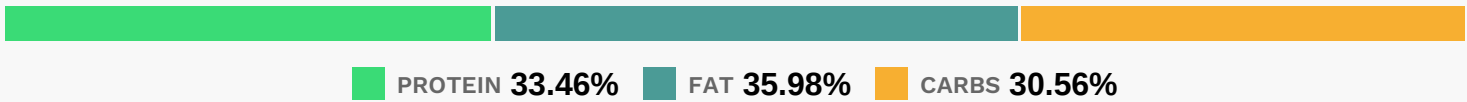


frying pan

Directions

- ☐
- In a 5- to 6-quart pan over high heat, bring about 3 quarts water and 1 teaspoon salt to a boil.
- ☐
- Add 2 pounds frozen soybeans in pods and cook until beans inside pods are tender to bite (break a pod open to test), about 5 minutes.
- ☐
- Drain and sprinkle with additional salt to taste.
- ☐
- Serve warm or cover and chill up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:15.690869476484%

Nutrients (% of daily need)

Calories: 138.35kcal (6.92%), Fat: 5.9g (9.07%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 5.38g (1.95%), Sugar: 2.47g (2.75%), Cholesterol: 0mg (0%), Sodium: 315.23mg (13.71%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Folate: 352.67µg (88.17%), Manganese: 1.16mg (58.1%), Vitamin K: 30.28µg (28.84%), Fiber: 5.9g (23.59%), Copper: 0.45mg (22.41%), Phosphorus: 191.64mg (19.16%), Magnesium: 76.13mg (19.03%), Vitamin B1: 0.23mg (15.12%), Iron: 2.58mg (14.31%), Potassium: 494.48mg (14.13%), Zinc: 1.59mg (10.6%), Vitamin B2: 0.18mg (10.34%), Vitamin C: 6.92mg (8.38%), Calcium: 82.27mg (8.23%), Vitamin B6: 0.11mg (5.67%), Vitamin B3: 1.04mg (5.19%), Vitamin E: 0.77mg (5.14%), Vitamin B5: 0.45mg (4.48%)