



Chipotle-Garlic Edamame



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



36 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 chipotle in adobo minced stemmed seeded
- ☐ 4 servings sea salt
- ☐ 1 bag edamame in the pods frozen
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon olive oil extra-virgin

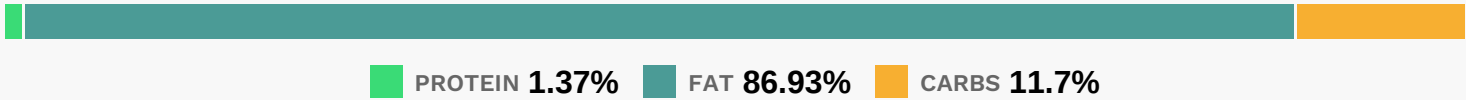
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring a large saucepan of water to a boil.
- ☐ Add the edamame and cook for about 4 minutes.
- ☐ Drain and pat dry.
- ☐ In a large skillet, heat the olive oil with the minced chipotle, minced garlic and ground cumin.
- ☐ Add the edamame pods and cook over moderate heat, stirring occasionally, until the garlic is softened, 1 to 2 minutes. Season the edamame with salt and black pepper and transfer to a bowl.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.61695652552273%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 36.05kcal (1.8%), Fat: 3.57g (5.49%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.27g (0.3%), Cholesterol: 0mg (0%), Sodium: 194.46mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.25%), Vitamin E: 0.51mg (3.43%), Vitamin K: 2.3µg (2.19%), Fiber: 0.45g (1.81%), Manganese: 0.03mg (1.71%), Iron: 0.31mg (1.7%)