



Crispy Indian-Spiced Edamame



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



42 min.

SERVINGS



8

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 1 tablespoon cumin seeds
- ☐ 1 tablespoon curry powder
- ☐ 16 oz edamame frozen dry shelled thawed
- ☐ 1 teaspoon salt

Equipment

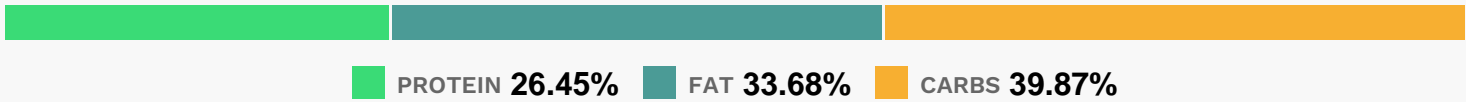
- ☐ baking sheet
- ☐ oven

- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Preheat oven to 375F. In a large mixing bowl, toss all ingredients until well combined.
- ☐ Spread in a single layer on a large, rimmed baking sheet.
- ☐ Bake until golden brown, about 40 minutes, stirring every 10 minutes.
- ☐ Remove from heat and allow to cool on baking sheet on a wire rack.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.1352174009966%

Nutrients (% of daily need)

Calories: 83.05kcal (4.15%), Fat: 3.16g (4.87%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 5.8g (2.11%), Sugar: 1.57g (1.74%), Cholesterol: 0mg (0%), Sodium: 292.33mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Iron: 2.25mg (12.52%), Fiber: 2.62g (10.5%), Potassium: 280.95mg (8.03%), Calcium: 57.48mg (5.75%), Manganese: 0.06mg (2.9%), Vitamin E: 0.36mg (2.43%), Vitamin K: 1.5µg (1.43%), Magnesium: 4.66mg (1.16%)