



Crunchy Edamame



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon chili powder
- ☐ 16 oz edamame frozen shelled
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon salt

Equipment

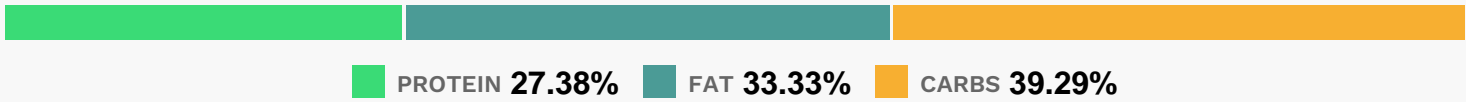
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels

- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat oven to 375F.
- ☐ Place edamame in a strainer and run under hot water to defrost.
- ☐ Spread on paper towels to dry.
- ☐ Toss edamame with oil, salt and chili powder in a medium bowl.
- ☐ Spread on a rimmed baking sheet and roast until puffed and partly browned, 20 to 25 minutes, shaking baking sheet once or twice during roasting to prevent possibility of scorching.
- ☐ Let cool on baking sheet, then transfer to a bowl and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.334347858863%

Nutrients (% of daily need)

Calories: 125.04kcal (6.25%), Fat: 4.66g (7.17%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 8.61g (3.13%), Sugar: 2.46g (2.74%), Cholesterol: 0mg (0%), Sodium: 468.41mg (20.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.22%), Fiber: 3.74g (14.97%), Iron: 2.5mg (13.87%), Potassium: 413.47mg (11.81%), Calcium: 75.74mg (7.57%), Vitamin E: 0.31mg (2.04%), Vitamin A: 59.3IU (1.19%), Vitamin K: 1.17µg (1.12%)