



## Edamame with Shiitake

 Gluten Free  Dairy Free

READY IN



23 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

### Ingredients

- 16 ounce edamame frozen shelled
- 1 teaspoon garlic minced
- 1 tablespoon fried rice seasoning mix
- 4 mushroom caps sliced
- 2 tablespoons soya sauce
- 2 tablespoons vegetable oil
- 2 tablespoons water

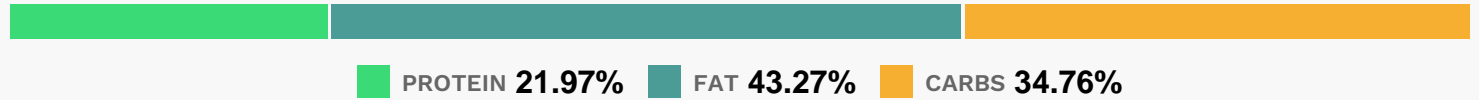
### Equipment

- bowl
- frying pan
- microwave

## Directions

- Place frozen shelled edamame in a microwave-safe bowl with 2 tablespoons of water. Cover and cook on high for 6 to 8 minutes, stirring halfway through cooking time.
- Let stand covered 1 minute.
- Meanwhile heat oil in large skillet on medium-high heat.
- Add sliced mushrooms and saute for 5 minutes.
- Add soy sauce, garlic, fried rice seasoning, and cooked and drained edamame. Stir to combine.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:5.1952174539151%

## 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: 146.07kcal (7.3%), Fat: 7.22g (11.1%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 8.64g (3.14%), Sugar: 2.47g (2.75%), Cholesterol: 0mg (0%), Sodium: 336.95mg (14.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.49%), Vitamin K: 23.67µg (22.54%), Fiber: 4.4g (17.6%), Iron: 3.14mg (17.44%), Potassium: 415.37mg (11.87%), Calcium: 104.12mg (10.41%), Manganese: 0.18mg (9.14%), Vitamin E: 0.82mg (5.47%), Vitamin B3: 0.72mg (3.58%), Vitamin B6: 0.07mg (3.56%), Magnesium: 11.1mg (2.77%), Vitamin B2: 0.04mg (2.53%), Phosphorus: 22.67mg (2.27%), Folate: 8.15µg (2.04%), Copper: 0.04mg (1.96%), Vitamin B5: 0.19mg (1.88%), Zinc: 0.19mg (1.3%), Selenium: 0.76µg (1.09%)