



Roasted Cajun-Spiced Edamame



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



108 min.

SERVINGS



6

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cajun spice
- ☐ 16 ounce edamame frozen shelled thawed
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon onion powder

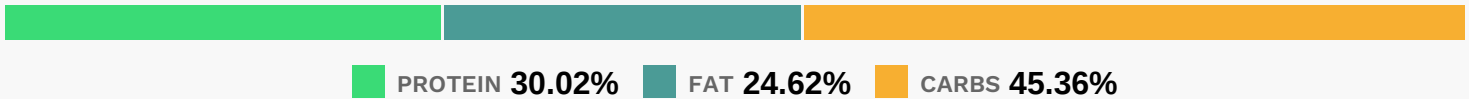
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 30
- ☐ Arrange edamame in a single layer on a baking sheet; lightly coat with cooking spray.
- ☐ Combine Cajun seasoning, onion powder, and salt; sprinkle over edamame, and toss to coat.
- ☐ Bake at 300 for 1 hour and 45 minutes, stirring every 30 minutes. Cool completely. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:2.8669565274664%

Nutrients (% of daily need)

Calories: 96.37kcal (4.82%), Fat: 2.68g (4.12%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 11.11g (3.7%), Net Carbohydrates: 7.59g (2.76%), Sugar: 2.18g (2.43%), Cholesterol: 0mg (0%), Sodium: 97.93mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Fiber: 3.52g (14.08%), Iron: 2.3mg (12.79%), Vitamin A: 574.63IU (11.49%), Potassium: 371.12mg (10.6%), Calcium: 66.33mg (6.63%), Vitamin E: 0.34mg (2.27%), Vitamin B6: 0.03mg (1.37%), Manganese: 0.02mg (1.16%)