



Roasted Chile-Spiced Edamame



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce blanched edamame green frozen shelled thawed (soybeans)
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 teaspoon onion powder
- ☐ 1 tablespoon chili powder red
- ☐ 0.8 teaspoon sea salt

Equipment

- ☐ baking sheet

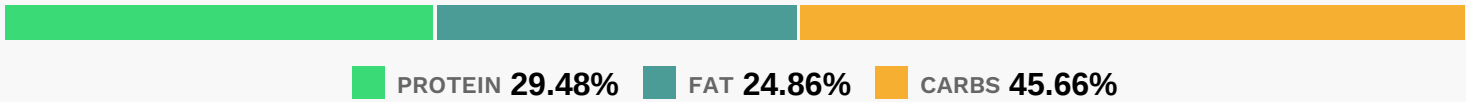
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 oven

Directions

- ☐ Preheat oven to 35
- ☐ Arrange edamame in a single layer on a baking sheet, and coat with cooking spray.
- ☐ Combine chile powder and remaining ingredients.
- ☐ Sprinkle over edamame; toss to coat.
- ☐ Bake edamame at 350 for 1 1/2 hours, stirring beans every 30 minutes.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:3.4904347807169%

Nutrients (% of daily need)

Calories: 103.72kcal (5.19%), Fat: 2.93g (4.5%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 8.18g (2.97%), Sugar: 2.31g (2.57%), Cholesterol: 0mg (0%), Sodium: 375.47mg (16.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.62%), Fiber: 3.91g (15.66%), Iron: 2.49mg (13.85%), Potassium: 400.16mg (11.43%), Vitamin A: 557.68IU (11.15%), Calcium: 72.99mg (7.3%), Manganese: 0.1mg (5.2%), Vitamin E: 0.67mg (4.47%), Vitamin B6: 0.04mg (2.13%), Vitamin K: 1.87µg (1.78%), Vitamin B3: 0.22mg (1.12%), Vitamin B2: 0.02mg (1.03%), Copper: 0.02mg (1.02%)