



Salt-and-Pepper Edamame (Soybeans in the Pod)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup coarse salt
- ☐ 4 pound edamame frozen (soybeans in the pod)
- ☐ 2 tablespoons peppercorns
- ☐ 2 tablespoons peppercorns

Equipment

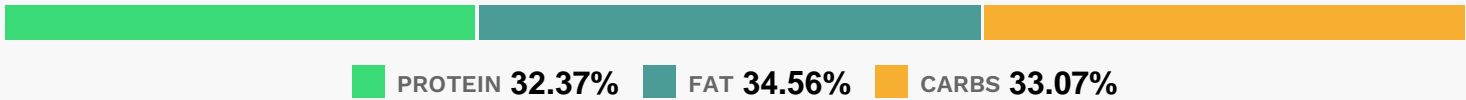
- ☐ bowl
- ☐ frying pan

- ☐ sieve
- ☐ wax paper
- ☐ mortar and pestle
- ☐ slotted spoon
- ☐ colander
- ☐ funnel

Directions

- ☐ Toast salt in a dry, small, heavy skillet over moderate heat, stirring, until salt turns light tan, about 7 minutes.
- ☐ Transfer salt to a bowl. Toast Sichuan peppercorns in skillet over moderate heat, stirring, until fragrant, about 2 minutes.
- ☐ Transfer toasted peppercorns to a sheet of wax paper to cool. Using paper as a funnel, pour toasted peppercorns into an electric coffee/spice grinder or a mortar.
- ☐ Add pink peppercorns and pulse or pound with a pestle until finely ground.
- ☐ Pour through a coarse sieve into bowl of salt and stir together.
- ☐ Cook edamame in 4 batches in salted boiling water until tender, about 4 minutes, and immediately transfer with a slotted spoon to a bowl of ice and cold water to stop cooking. Return water to a boil between batches.
- ☐ Drain in a colander and pat dry.
- ☐ Toss edamame with some peppered salt to taste and serve with remainder on the side.
- ☐ • Peppered salt may be made 1 week ahead and kept in an airtight container at cool room temperature. • Edamame may be cooked 1 day ahead and chilled, covered. Bring to room temperature before tossing with peppered salt.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:13.495652235073%

Nutrients (% of daily need)

Calories: 115.7kcal (5.78%), Fat: 4.78g (7.36%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 5.07g (1.84%), Sugar: 1.99g (2.21%), Cholesterol: 0mg (0%), Sodium: 2835.18mg (123.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Folate: 282.47µg (70.62%), Manganese: 1.19mg (59.57%), Vitamin K: 27.5µg (26.19%), Fiber: 5.22g (20.89%), Copper: 0.34mg (17.09%), Phosphorus: 156.47mg (15.65%), Magnesium: 61.55mg (15.39%), Iron: 2.28mg (12.65%), Vitamin B1: 0.18mg (12.24%), Potassium: 422.7mg (12.08%), Zinc: 1.27mg (8.49%), Vitamin B2: 0.14mg (8.48%), Calcium: 67.76mg (6.78%), Vitamin C: 5.53mg (6.71%), Vitamin B6: 0.1mg (4.83%), Vitamin B3: 0.85mg (4.26%), Vitamin E: 0.64mg (4.25%), Vitamin B5: 0.39mg (3.86%)