



Spicy Edamame with Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 1 pound edamame green frozen (soy beans)
- ☐ 0.5 teaspoon granulated sugar
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 tablespoon sea salt

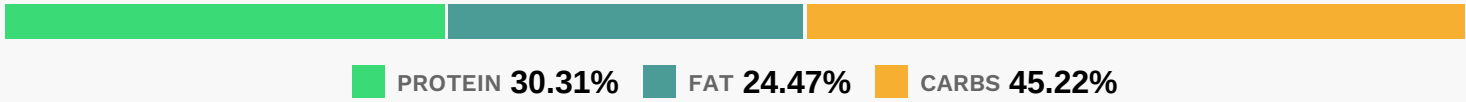
Equipment

- ☐ frying pan
- ☐ colander

Directions

- ☐ i powder, sugar, red pepper flakes, edamame lemon
- ☐ Heat the salt, chili powder, and pepper flakes in a small dry skillet set over medium heat, stirring until hot and aromatic, about 3 minutes.
- ☐ Remove from the heat and stir in the sugar. Set aside. Boil the edamame pods in salted water until tender, about 8 minutes.
- ☐ Drain in a colander and pat dry. Toss the edamame pods with the chili-salt and serve warm with lemon wedges to squeeze on top.

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:6.1786955443575%

Nutrients (% of daily need)

Calories: 283.2kcal (14.16%), Fat: 7.76g (11.93%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 22.64g (8.23%), Sugar: 7.21g (8.01%), Cholesterol: 0mg (0%), Sodium: 3508.73mg (152.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.25%), Fiber: 9.62g (38.48%), Iron: 6.37mg (35.39%), Potassium: 1048.76mg (29.96%), Calcium: 193.24mg (19.32%), Vitamin A: 370.63IU (7.41%), Vitamin E: 0.48mg (3.18%), Manganese: 0.03mg (1.51%), Vitamin B6: 0.03mg (1.31%), Vitamin K: 1.32µg (1.26%)