



EDAMAME NUTRITION FACTS

- Edamame or 'edible soybean' is green and comes from Eastern Asia
- In Japan, Edamame means 'beans on a branch'
 - high in protein to build strong muscles
- Good source of iron and iron helps your body to make new blood!
- Is high in fiber to help your intestines work at their best!
- has a sweet, nutty flavor & tastes best when steamed or boiled