

USDA National School Lunch Product Fact Sheet

PRODUCT SPECIFICATION:	VEGETABLE / EDAMAME, FROZEN: 10071179522768 Simplot Simple Goodness™ Shelled Edamame, 6/2.5 LB. To be packed to U.S. Grade A Standards.
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SERVING INFORMATION			
Serving Size (as purchased)	Contribution Equivalent	Equivalent Servings Per Bag	Equivalent Servings Per Case
3.00 oz. (about 2/3 cup)	½ cup cooked, drained vegetable	13.33	80.00

PRODUCT FORMULATION CREDITS					
Food Buying Guide Description of Creditable Ingredient	FBG Subgroup	Oz. / Raw Portion of Creditable Ingredient	Mult.	FBG Yield / Purchase Unit	Creditable Amt. (quarter cup)
Beans, Soy, fresh (Edamame) Shelled	Beans & Peas (Legumes)	3.00	x	10.70 / 16	2.01
Each 3.00 ounce serving of the product above contains 1/2 cup beans & peas (legumes) vegetable or 2 oz. equivalent meat alternate.					

INGREDIENT STATEMENT	NUTRITION INFORMATION
Soybeans.	Nutrition Facts Serving size 3 oz (84g) Amount per serving Calories 100 % Daily Value* Total Fat 4g 5% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol 0mg 0% Sodium 5mg 0% Total Carbohydrate 6g 2% Dietary Fiber 4g 14% Total Sugars 2g Includes 0g Added Sugars 0% Protein 9g Vitamin D 0mcg 0% Calcium 50mg 4% Iron 1.8mg 10% Potassium 405mg 8% *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.
ALLERGENS PRESENT	
☐ None ☐ Milk ☐ Egg ☐ Wheat ☒ Soy ☐ Peanuts ☐ Tree Nuts ☐ Fish ☐ Molluscan Shellfish	
ADDITIONAL INFORMATION	COUNTRY OF ORIGIN
☒ Gluten Free ☐ Lacto-Ovo Vegetarian ☒ Vegan ☐ Kosher ☐ Halal ☒ Smart Snack Compliant ☐ Meets Buy America Provision	Product of China

COOKING INSTRUCTIONS	
Stove Top	Bring 5 quarts of water to a boil on HIGH. Add one bag of frozen vegetables and cook for 8 minutes, stirring as needed.
Steamer	Arrange one bag of frozen vegetables in a slotted full-size steam table pan. Steam for 7 minutes.
Microwave (1100 watts)	Place one bag of frozen vegetables in a microwave safe dish. Add ¼ cup of water and cover. Cook on HIGH for 18 minutes, stirring halfway through cook time.
To Serve Cold	Prepare vegetables as stated above. Then cool as rapidly as possible to refrigerated temperature.

CASE PACK AND SHELF LIFE (stored at 0°F or below)				*Information may vary slightly by production facility	
Gross Weight	16.25 LB	Case Cube (ft. ³)*	0.44	Pallet TI / HI*	11 / 7
Outer Case Dimensions (L x W x H)*	14.03" x 10.49" x 5.12"			Shelf-Life	24 months

For questions, please contact the Bid Department at 208-334-8000.

I certify that the information provided is true and correct:

Kelsey Farley
Kelsey Farley
Research Technologist



Simplot Simple Goodness™ - Edamame, Shelled 6/2.5lb

Fresh frozen IQF green soybeans. Edamame is the only vegetable that contains all nine essential amino acids, serving as a complete protein for a healthful diet.



Nutrition Facts

Serving Size 2/3 cup (84g)
Servings per container about 13

Calories 100	Calories from fat 35
% Daily Values *	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 6g	2%
Dietary Fiber 4g	16%
Sugars 2g	0%
Protein 9g	0%
Vitamin A	6%
Vitamin C	15%
Calcium	6%
Iron	10%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients

Soybeans

Product Specifications

Sku:	10071179522768
Pack:	6/2.50 LB
Brand:	Simplot Simple Goodness™
Gross Weight:	16.25 LB
Net Weight:	15.00 LB
Country of Origin:	CN
Kosher:	No
Vegan:	Yes
Vegetarian:	Yes
Gluten Free:	Yes
Allergens:	Crustacean Shellfish Free, Egg Free, Fish Free, Milk Free, Peanut Free, Sesame Free, Tree Nut Free, Wheat Free, Gluten Free

Shipping Information

Length:	14.030 IN
Width:	10.490 IN
Height:	5.120 IN
Case Cube:	0.520
TixHi:	12X10
Shelf Life:	720 Days
Storage Temp From/To:	-10 FA / 10 FA

Benefits

Truly innovative menu solutions for the operator.

Bright green color, delicious flavor and optimal texture make these products instantly appealing.

Edamame are packed with protein and essential vitamins and minerals.

Blend Mixture: 100% Blanched & Shelled Edamame Soybeans.

Serving Suggestions

Fresh frozen IQF green soybeans. Edamame is the only vegetable that contains all nine essential amino acids, serving as a complete protein for a healthful diet.

Prep Instructions

Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. **STOVE TOP:** Bring 5 qts of water to boil on HIGH in a 7-qt pot. Add 2 lbs (entire bag) of frozen soybeans to boiling water. Cook 8 minutes. Drain and serve. **STEAMER:** Arrange 2 lbs (entire bag) frozen soybeans in a half-size hotel pan. Add 1/3 cup water. Steam for 7 minutes. Drain and serve. **MICROWAVE:** (2200 watts) Place 1 lbs (half bag) frozen soybeans in a microwave-safe container. Add 2 Tbsp water. Cover tightly. Microwave on HIGH for 4 minutes, stirring after 2 minutes. Drain and serve. **STIR FRY:** In stir fry pan, heat 2 tbsp oil on MEDIUM to HIGH. Add 1 lbs (half bag) frozen soybeans to hot oil. Stir fry for 5 minutes, stirring constantly. Serve.