



Product Specification Sheet Meal Pattern Contribution

Product and Pack Size

24lb Bulk Frozen Edamame Shelled All Natural (Thaw N Serve)

Product Item

F997

Contribution to the USDA Meal Pattern Requirements

Section 2 – Vegetables = Subgroup : Beans and Peas (Legumes)

As a Legume : 1.5 oz Frozen Edamame Shelled = ¼ Cup

3.0 oz Frozen Edamame Shelled = ½ Cup

As a meat alternate: 1.5 oz Frozen Edamame Shelled = 1 meat Alternate



Seapoint Farms

Shelled Edamame – Bulk 24#

Nutritional Facts

Serving Size: ½ cup (75 g)

Amount Per Serving about 145

Calories 100 – Calories from Fat 25

% Daily Value

Total Fat	3 g	4%
Sat. Fat	0g	0%
Trans Fat	0g	
Cholesterol	0 mg	0%
Sodium	30 mg	1%
Total Carbohydrates	9g	3%
Dietary Fiber	4g	14%
Sugars	1g	

Protein	8g	
Vitamin A	10%	- Vitamin C 10%
Calcium	4%	- Iron 8%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

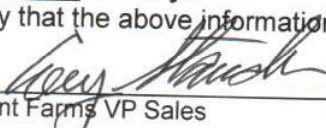
Calorie per gram:
Fat 9 - Carbohydrate 4 - Protein 4

Ingredients :

Soybeans

Shelf- Life : 365 Days

I certify that the above information is true and correct.


Seapoint Farms VP Sales

11/1/2017
Date

ENJOY LIFE...EAT WELL



Smart Snacks Product Calculator Results

Brand:
Seapoint Farms

Product Name:
1/2 Cup Bulk Shelled Edamame 24#

Serving Size:
75.00 g

First Ingredient:
Edamame

Your protein food product meets all nutrient standards.

Nutrition Facts

Serving Size 75.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 25

Total Fat (g) 3

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 30

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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