

# Cookin' Greens<sup>®</sup> Shelled Edamame



Cookin' Greens was the first national brand in Canada to launch a full range of quick-frozen, ready-to-cook, dark-leafy greens.

- Exceptional value vs fresh equivalent
- No waste, no work, no water - "True" IQF
- Meets consumers lifestyle, health and wellness needs
- Gluten free, vegan, ready in under 10 minutes
- Use as an ingredient or a complete side dish



Item Code	Item Name	Pk/Size	UPC	SCC	Item (L x W x H)	Case (L x W x H)	Case Weight Net & Gross		CuFt	Tie/High
40403	Shelled Edamame	12/500 g	8-00463-404038	1-08-00463-40403-5	20.79 x 5.08 x 22.86 cm 8.19 x 2 x 9"	39.37 x 29.21 x 18.42 cm 15.5 x 11.5 x 7.25"	6 kg 13.2 lb	6.35 kg 13.9 lb	0.87	10 x 8 = 80 cases per pallet

**Ingredients:** Frozen Edamame

**Allergen Status:** Contains Soy.

Nutrition Facts / Valeur nutritive	
Per 1/2 cup (85 g)	Calories 100
Amount Teneur	% Daily Value % valeur quotidienne
Fat / Lipides 4.5 g	7%
Saturated / saturés 0.5 g	3%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 5 mg	0%
Carbohydrate / Glucides 8 g	3%
Fibre / Fibres 4 g	16%
Sugars / Sucres 2 g	
Protein / Protéines 9 g	0%
Vitamin A / Vitamine A	2%
Vitamin C / Vitamine C	8%
Calcium / Calcium	4%
Iron / Fer	15%

## Handling / Cooking Instructions

**Stove Top** Add 1 cup of frozen edamame to 1 cup of boiling water, boil for 4 – 6 minutes or desired tenderness, drain and season to taste.

**Microwave** In a microwaveable container, add 1 cup of frozen edamame to 1/4 cup of water cover and cook on high for 2 – 3 minutes or desired tenderness, let stand for 1 minute, drain and season to taste. (Serves 2-3)

\* MICROWAVES VARY IN POWER. USE ONLY AS GUIDELINE. ADJUST COOKING TIME TO REACH DESIRED TENDERNESS.

\* For food safety reasons, internal temperature should reach 71°C or 160°F. Keep frozen until ready to use.

## Shelf Life

- 2 years from time of packing. Refer to bag for a marked 'best if used by' date. Refrigerate any defrosted items and use within 1-2 days.

## Nutrition Guide

- Source of Vitamin C • Source of Iron • Source of Energy • Low in Saturated Fat • Free of Trans Fat
- Low in Sodium • High Source of Fibre • A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer.

‡ Gluten-Free like all other similar blends of frozen vegetables.

## Perfect Compliments

Coarse sea salt, cracked peppercorn, hot sauce, flavoured vinegars and oils, ginger, garlic, teriyaki sauce, hoisin sauce.

## Chef's Suggestions

Use as a key ingredient in salads, dips, soups, casseroles, chili, pasta, stir-fry, risotto and tabbouleh.

Excellent source of plant based protein. Great for snacking, toss the defrosted bag of Edamame Beans in 1 tbsp. olive oil, ¼ tsp. garlic powder and ¼ cup of grated parmesan cheese, spread on a baking sheet and roast in a hot oven (400°F) for 12 -15 mins.

## Products Available

- Quinoa Stir Fry
- Mexican Style Roasted Corn
- Chopped Kale
- Chopped Spinach
- Chopped Onions
- Shelled Edamame
- Athlete's Mix
- Organic Chopped Kale
- Organic Chopped Spinach
- Kale, Corn & Peas
- Organic Kale, Butternut Squash & Quinoa

