

Cookin' GreensTM 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 x 500 g	800463404038	10800463404035	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

- Chopped Kale
- Chopped Spinach
- Chopped Onions
- Shelled Edamame
- Pepper & Onions
- Tri-Colour Veggie Fries
- Organic Chopped Kale
- Organic Chopped Spinach
- Organic Kale, Butternut Squash & Quinoa