



## Item Specification Sheet

**Item: #121153 ORGANIC SPIN 10 OZ.**

**Order Unit: PACKAGE | Price Unit: PACKAGE | Weight Type: NET WEIGHT**

### Item Information

Description: CERTIFIED ORGANIC VEGETABLES, GLUTEN FREE, NON-GMO, CERTIFIED ORGANIC BY MIDWEST ORGANIC SERVICES ASSOCIATION.

Characteristics: ONLY CERTIFIED ORGANIC SHELLD EDAMAME ( MUKIMAME, SOYBEANS), SHALL BE USED. BEANS SHALL BE CLEAN, SOUND PRACTICALLY FREE FROM GRIT, LEAVES AND OTHER FOREIGN MATERIAL. SHELLD EDAMAME SHAL MEET ALL REQUIREMENTS OF USDA STANDARD OF GRADES OF FROZEN SHELLD EDAMAME. PRODUCT HAS BEEN WASHED, SORTED, BLANCHED TO ENSURE A NEGATIVE PEROXIDASE AND INDICIDUALLY QUICK FROZEN. THIS PRODUCT IS MANUFACTURED AS IN INGREDIENT AND IS NOT CONSIDERED READY TO EAT. FURTHER ROCESSING IS RECOMMAND.

### Specifications

Piece Weight: VARIED | Pieces per Package: VARIED

Package Weight: 10 OZ. | Tare: N/A

Shelf Life: 24 MONTHS AT 0°F 36 MONTHS @ -10°F

### Ingredients

ORGANIC EDAMAME

### Cooking Instructions

Stove Top: Put Frozen pods into briskly bioling salted water. Cook to second boil 2-5 minutes or until tender, do not overcook. Drain water, cool, season to tase and serve. ( discard pod) . To keep flavor, do not cool in water. Microwave: Empty package of frozen pods into 1/2 cup water and salt in a covered bowl. Microwave on high for 4 minutes. Season to taste and serve (Discard Pod)

Product Images & Nutritional Information

Nutrient	Unit	Value per 100 g	% DV
Calories	kcal	109	
Total Fat	g	4.73	7%
Saturated Fat	g	0	0%
Trans Fat	g	0	
Cholesterol	mg	0	0%
Sodium	mg	6	0%
Total Carbohydrate	g	7.61	3%
Dietary Fiber	g	4.8	19%
Total Sugars	g	2.48	
Includes 0g Added Sugars	g		0%
Protein	g	11.22	
Vitamin D	mcg	0	0%
Calcium	mg	60	6%
Iron	mg	2.11	12%
Potassium	mg	482	14%

