

Edamame

Nutrition Facts

1 Servings Per Container

Serving Size 1oz (28g)

Amount Per Serving

Calories 40

% Daily Value*

Total Fat 1g 25%

Saturated Fat 2g 30%

Trans Fat 2g

Cholesterol 15mg 15%

Sodium 240mg 11%

Total Carbohydrate 35g 0%

Dietary Fiber 6g 0%

Total Sugars 7g

Included 4g Added Sugars 20%

Protein 5g

Vitamin D 5mcg 0%

Potassium 470mg 1%

Calcium 200mg 0%

Iron 1mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.