

# Fresh Snacks

## Fruits & Vegetables



# WE MAKE NUTRITION EASY!



1/2 CUP

### Product Information

## Edamame

Serving Size: 3.00 oz - 1/2 cup  
 Serving per case: 50 individual packs  
 Net Weight per case: 9.38 lbs  
 Packaging: 50 individual bags per box  
 Shelf life: 10 days from delivery  
 Product code: EDBE503OZCS

### Nutrition Facts

Serving Size 1 Package (85 grams)  
 Servings Per Container 1

Amount Per Serving

**Calories 100**      **Calories from Fat 40**

% Daily Value\*

Total Fat	4.5g	7%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Potassium	370mg	11%
Total Carbohydrate	8g	3%
Dietary Fiber	4g	18%
Sugars	2g	
Protein	9g	

Vitamin A	0%	Vitamin C	8%
Calcium	6%	Iron	10%
Thiamin	10%	Riboflavin	8%
Niacin	4%	Vitamin B-6	4%
Folate	70%		

\* 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	2,000	2,500
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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4



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## Healthy Hunger-Free Kids Act of 2010