



**3.0**  
★★★★☆

Enjoy our protein packed, succulent edamame.

## Edamame

Serving Size 1 serving **Carbs: 6.00**  
Served on Thu, 03/12/2026

### Allergens



Soy

### Nutrients

Iron (mg)	1.80
Saturated Fat (gm)	0.33
Fiber (gm)	2.67
Carbohydrate (gm)	6.00
Calories (kcal)	80.00
Cholesterol (mg)	0.00
Sodium (mg)	10.00
Sugars (gm)	2.00
Vitamin A (IU)	133.00
Vitamin C (mg)	16.00
Calcium (mg)	100.00
Protein (gm)	7.33



### Disclaimer

The information provided here is for general purpose use only. Yumyummi.com and the school district responsible for this data do not make any claims about the completeness, accuracy or reliability of this information. If you or your child has any food allergies, please contact your school district food and nutrition services for more information.

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