



February 10- Edamame Nibbles

Smart Snack

Link: http://www.eatingwell.com/recipes/edamame_nibbles.html

Recipe

Ingredients:

4 cups frozen edamame 2 teaspoons coarse salt

Directions:

1. Cook edamame according to package directions.
2. Toss edamame with salt.

Yield 16 servings

Nutrition Facts

Serving Size 1/4 cup (39.4g)
Servings Per Container 16

Amount Per Serving

Calories 50 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 4g **1%**

Dietary Fiber 2g **8%**

Sugars <1g

Protein 4g **8%**

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.