

Edamame soy beans (Mukimame)



Most Edamame soy beans (Mukimame beans) come from Asia. However, Ardo has now developed the perfect farming technology to grow the beans in Europe too. These young green pods of soy beans are crunchy and nutritious. Edamame soy beans are traditionally served as part of Asian dishes, but can also be added to salads for a protein boost.

NUTRITION INFORMATION (100G)

Energy: 500kj/119kcal

Fat: 3.4g

Fat of which saturates: 0.5g

Carbohydrate : 9.1g

Carbohydrate of which sugars: 4.9g

Fibre: 5.1g

Protein: 11g

Salt: 0.01g

PREPARATION



Put the desired quantity of product in a non metallic microwaveable bowl, cover and cook, stirring occasionally.



Place the frozen vegetables in boiling water and bring back to the boil. Drain and season to taste.



Cook the frozen product in a steamer. Be careful to not overcook. Season to taste.



ALLERGENS

Soy

LOGISTICAL INFORMATION (EURO PALLET)

1000G



Item code:	100302510
Number and weight:	10x1000g
Layer/Cartons:	9x9c
GTIN CU:	5411361090039
GTIN SU:	05411361090138
JD Edwards:	27215
Packaging:	Polybag
Languages:	NL - FR - DE - EN - ES - IT - DA - SV - NN - FI - EL

This product is available in piece picking (Excl. FR)