

Basic Report 11212, Edamame, frozen, prepared

Report Date: June 15, 2019 21:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 155g
Proximates			
Water	g	72.77	112.79
Energy	kcal	121	188
Protein	g	11.91	18.46
Total lipid (fat)	g	5.20	8.06
Carbohydrate, by difference	g	8.91	13.81
Fiber, total dietary	g	5.2	8.1
Sugars, total	g	2.18	3.38
Minerals			
Calcium, Ca	mg	63	98
Iron, Fe	mg	2.27	3.52
Magnesium, Mg	mg	64	99
Phosphorus, P	mg	169	262
Potassium, K	mg	436	676
Sodium, Na	mg	6	9
Zinc, Zn	mg	1.37	2.12
Vitamins			
Vitamin C, total ascorbic acid	mg	6.1	9.5
Thiamin	mg	0.200	0.310
Riboflavin	mg	0.155	0.240
Niacin	mg	0.915	1.418
Vitamin B-6	mg	0.100	0.155
Folate, DFE	µg	311	482
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	15	23
Vitamin A, IU	IU	298	462
Vitamin E (alpha-tocopherol)	mg	0.68	1.05

Nutrient	Unit	1 Value Per100 g	1 cup 155g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	26.7	41.4
Lipids			
Fatty acids, total saturated	g	0.620	0.961
Fatty acids, total monounsaturated	g	1.282	1.987
Fatty acids, total polyunsaturated	g	2.156	3.342
Fatty acids, total trans	g	0.009	0.014
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0