

Full Report (All Nutrients) 45339604, SHELLED EDAMAME, UPC: 099482453640
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Report Date: June 19, 2019 21:30 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Whole Foods Market, Inc.

Nutrient	Unit	Data points	Std. Error	0.67 cup 100g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	140	140
Protein	g	--	--	12.00	12.00
Total lipid (fat)	g	--	--	5.00	5.00
Carbohydrate, by difference	g	--	--	11.00	11.00
Fiber, total dietary	g	--	--	4.0	4.0
Sugars, total	g	--	--	3.00	3.00
Minerals					
Calcium, Ca	mg	--	--	80	80
Iron, Fe	mg	--	--	1.80	1.80
Potassium, K	mg	--	--	480	480
Sodium, Na	mg	--	--	5	5
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	12.0	12.0
Vitamin A, IU	IU	--	--	200	200
Lipids					
Fatty acids, total saturated	g	--	--	0.500	0.500
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

SOYBEANS. Date Available: 11/04/2017 Date Last Updated by Company: 11/04/2017