





Choose edamame beans that are crisp and free of blemishes. Edamame is rarely sold fresh, but is available frozen all year.



Store fresh beans in a perforated bag in refrigerator for 4 to 5 days. Frozen beans can be stored in the freezer for up to 6 months or until the use-by date.

Refrigerator (fresh): 4 to 5 days

Freezer: Up to 6 months



Rinse edamame thoroughly before preparing. To eat beans right out of the shell, boil them until they are slightly firm. Beans can also be shelled and added to other dishes.



Digital Scale: The number on the screen = Total Weight



Hanging Scale: The number the arrow is pointing to = Total Weight

Buying:

Edamame is typically sold in pre-packaged amounts. If it is sold per pound, place the amount of edamame you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Edamame

Use this table to find the total cost.

Example: What is the total cost for 2 lbs of edamame at 1.29 per lb? 2 lbs x 1.29 = 2.58

Price						
per	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
Pound	1 10	1.5 10	2 10	2.5 10	310	3.5 10
(lb)						
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.



½ cup cooked Edamame

Serving Size approximat cooked (85g) Servings Per Container	.,
Amount Per Serving	
Calories 110 Calorie	s from Fat 25
	% Daily Value
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 11g	
Vitamin A 10% • Vita	amin C 0%
Calcium 10% • Iron	10%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for ½ cup cooked edamame.



Colorful Edamame Salad

Preparation Time: 15 minutes Serves 4

Cups of Vegetables per Serving: 2

Ingredients:

1½ cups shelled edamame
1 cup shredded carrots
4 cups romaine lettuce, washed and torn into small pieces
2 cups cherry tomatoes
1 cup sliced cucumber
½ cup chopped red onion

Preparation:

- 1.) To cook edamame, bring 3 cups water to boil.

 Add shelled edamame and cook 4 minutes. Drain and rinse with cold running water.
- 2.) In a large mixing bowl, combine all ingredients with cooked edamame.
- 3.) If desired, toss with a low-fat or non-fat dressing.

Nutrition Information per Serving (without dressing):

Calories 120, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 5 mg, Sodium 80 mg, Carbohydrates 17 g, Dietary Fiber 4 g, Protein 9 g.

