

Edamame Soy Beans in Pods (Leathams)

Pack Size: 10 X 500G

Product Description:

Nutty and tender. Freshly picked and frozen young soybeans in pods, perfect as a nutritious snack or side dish. High in protein and fibre. Suitable for vegans.

Brand: Leathams



Ingredient Declaration: Soya Beans (100%).

Allergens:

NOT APPLICABLE	N/A
CONTAINS	Soya

Additional Allergen Information:

Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

NOT APPLICABLE	N/A
SUITABLE FOR	Vegetarians, Vegan

Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	128 kcal / 532 kJ
Fat	6.3 g
of which Saturates	1 g
Carbohydrate	4.5 g
of which Sugars	2.3 g
Fibre	No Data
Protein	11 g
Salt	0 g

Directions For Use:

Defrost in pack with flowing water for 30mins

Storage Instructions:

Keep frozen at -18C

3 Days

Shelf Life Once Open:

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.