



# Edamame



*For over 25 years, Sunrich Naturals® has been working with American family farms in growing organic and non-GMO soybeans and corn.*

Sunrich Naturals Edamame and vegetable blends are grown by family farms in the USA. Each year, as our popularity grows, we continue to work with farmers to expand our supply. Your purchase of this product will help us continue our efforts to create sustainable American agriculture for generations to come.

Thanks for doing your part to support the American farming tradition.

## FEATURES AND BENEFITS

- High Protein
- Low Carb
- Non-GMO
- Kosher
- Heart Healthy
- Convenient



**100% Grown  
in the U.S.A.**



# Sunrich Naturals® Edamame is naturally grown, sweet soybeans that do not contain genetically modified organisms.

## Edamame in the Shell



Nutrition Facts		Amount Per Serving	% DV*	Amount Per Serving	% DV*
Serving Size	1/2 cup (85g)**	<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carb.</b> 9g	<b>3%</b>
Servings	2.5	Saturated Fat 0.5g	<b>3%</b>	Dietary Fiber 4g	<b>14%</b>
Calories	120	Trans Fat 0g		Sugars 3g	
Fat Cal.	50	Cholesterol 0mg	<b>0%</b>	<b>Protein</b> 10g	
		Sodium 10mg	<b>0%</b>		

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Vitamin A 2% • Vitamin C 25% • Calcium 10% • Iron 10%



**INGREDIENTS:** Soybeans (This is a naturally grown soybean that does not contain genetically modified organisms.) Contains naturally occurring isoflavones.

\*\*Nutritional data based on edible portion only.

10 grams of Soy Protein per serving



## Shelled Edamame



Nutrition Facts		Amount Per Serving	% DV*	Amount Per Serving	% DV*
Serving Size	1/2 cup (85g)	<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carb.</b> 9g	<b>3%</b>
Servings	4	Saturated Fat 0.5g	<b>3%</b>	Dietary Fiber 4g	<b>14%</b>
Calories	120	Trans Fat 0g		Sugars 3g	
Fat Cal.	50	Cholesterol 0mg	<b>0%</b>	<b>Protein</b> 10g	
		Sodium 10mg	<b>0%</b>		

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Vitamin A 2% • Vitamin C 25% • Calcium 10% • Iron 10%



**INGREDIENTS:** Soybeans (This is a naturally grown soybean that does not contain genetically modified organisms.) Contains naturally occurring isoflavones.

10 grams of Soy Protein per serving



## Organic Edamame



Nutrition Facts		Amount Per Serving	% DV*	Amount Per Serving	% DV*
Serving Size	1/2 cup (85g)**	<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carb.</b> 9g	<b>3%</b>
Servings	2.5	Saturated Fat 0.5g	<b>3%</b>	Dietary Fiber 4g	<b>14%</b>
Calories	120	Trans Fat 0g		Sugars 3g	
Fat Cal.	50	Cholesterol 0mg	<b>0%</b>	<b>Protein</b> 10g	
		Sodium 10mg	<b>0%</b>		

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Vitamin A 2% • Vitamin C 25% • Calcium 10% • Iron 10%



**INGREDIENTS:** Organic soybeans (This is a naturally grown soybean that does not contain genetically modified organisms.) Contains naturally occurring isoflavones.

\*\*Nutritional data based on edible portion only.

10 grams of Soy Protein per serving



## Fiesta Blend Edamame



Nutrition Facts		Amount Per Serving	% DV*	Amount Per Serving	% DV*
Serving Size	2/3 cup (85g)	<b>Total Fat</b> 3g	<b>5%</b>	<b>Potassium</b> 340mg	<b>10%</b>
Servings	4	Saturated Fat 0g	<b>0%</b>	<b>Total Carb.</b> 12g	<b>4%</b>
Calories	90	Trans Fat 0g		Dietary Fiber 3g	<b>12%</b>
Fat Cal.	30	Cholesterol 0mg	<b>0%</b>	Sugars 1g	
		Sodium 10mg	<b>0%</b>	<b>Protein</b> 6g	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Vitamin A 8% • Vitamin C 30% • Calcium 6% • Iron 6% • Riboflavin 6% • Vitamin B6 2%



**INGREDIENTS:** Shelled sweet soybeans, sweet yellow corn, red bell pepper (These are naturally grown soybeans and corn that do not contain genetically modified organisms.) Contains naturally occurring isoflavones

6.25 grams of Soy Protein per serving



KEEP FROZEN

### Order Information:

Product	Unit UPC	Unit Pack	Case Pack	Shelf Life	Length	Width	Height
Edamame In the Shell	7-82758-12001-7	12 oz.	12/12 oz.	24 mo.	14"	9.125"	5.125"
Shelled Edamame	7-82758-11002-5	12 oz.	12/12 oz.	24 mo.	14"	9.125"	5.125"
Edamame in the Shell, Organic	7-82758-12710-8	10 oz.	12/10 oz.	24 mo.	14"	9.125"	5.125"
Fiesta Blend Edamame	7-82758-11412-2	12 oz.	12/12 oz.	24 mo.	14"	9.125"	5.125"

— Master Case Size —



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