



# Nutrition Tip of the Week

March 26, 2009

## Introducing Edamame

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### What is it?

- It is a Legume (more familiar legumes include lentils, peas, beans )
- They come from young pods of the green soybean plant
- Edamame means "Beans on Branches," and they grow in clusters
- The edible portion looks like a small lima bean
- They are a deep green color and have a creamy texture with a satisfying crunch
- They are popular in East Asia where the soybean has been used for over two thousand years as a major source of protein

### How is it prepared?

- The pods are usually lightly boiled in salted water and then drained
- The seeds are pinched out of the pod for eating
- The pods are not meant to be eaten
- Frozen edamame can be found at the grocery store, either in the pod or pre-shelled

### How good is it for you?

- ½ cup of pre-shelled edamame ( or 1 and 1/8 cup of edamame pods) provides 120 calories, 2.5 grams of fat, 11 grams of protein, 9 grams of fiber, 10% Daily Value of Iron
- The amount of fiber is equivalent to 4 slices of whole wheat bread, or 4 cups of steamed zucchini. Also, the amount of iron equals the same amount as a 4 oz chicken breast.

For more information go to: <http://www.edamame.com/>; [http://www.medicinenet.com/\(recipes and articles\);](http://www.medicinenet.com/(recipes%20and%20articles);)  
<http://www.soyconnection.com> (edamame and soybean information)