

# Edamame Asados

Source: Alejandra Graf, chef and photographer, founder of PiloncilloYVainilla.com

Edamame and other whole soy foods may help protect against breast cancer and its recurrence.

## About the Recipe

**188 Calories · 18.4 g Protein · 8 g Fiber**

**Snack**

**Gluten-free · Nut-free**

*Not all soy sauces are gluten free, so check the label. Tamari is usually safe.*

*Note: This recipe uses edamame in the shell.*

## Ingredients

***Makes 2 Servings***

- 2 c (120 g) edamame
- to taste lemon juice
- to taste soy sauce or tamari
- to taste chili powder

## Directions

1. If the edamame does not come cooked, steam for 3 to 5 minutes. When cooked, put in a frying pan and saute with water until it browns. Top with fresh lemon juice, lemon zest, tamari or soy sauce, or any type of chili powder.

## Nutrition Facts

Per serving (1/6 of recipe)

Calories: 188

Fat: 8 g

Saturated Fat: 0.9 g

Calories From Fat: 35.9%

Cholesterol: 0 mg

Protein: 18.4 g

Carbohydrate: 13.8 g

Sugar: 3.3 g

Fiber: 8 g

Sodium: 9 mg

Calcium: 98 mg

Iron: 3.5 mg

Vitamin C: 9.4 mg

Beta-Carotene: 277 mcg

Vitamin E: 1 mg