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 (1/2 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