

# Edamame Asados

Source: Alejandra Graf, chef and photographer, founder of piloncillovainilla.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***

- edamame (2 cups)
- lemon juice (to taste)
- soy sauce or tamari (to taste)
- chili powder (to taste)

## 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*

**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