

Support American family farming and put the best tasting Edamame in your freezer.



Superior flavor, quality & availability... naturally

For over 25 years, Sunrich, a SunOpta company, has partnered with American family farms to grow non-GMO soy, corn and grains for use in a variety of wholesome foods. Thanks for helping us keep the family farming tradition alive.

FEATURES AND BENEFITS

- High Protein
- Low Carb
- Non-GMO
- Kosher
- Heart Healthy
- Grown in the USA



According to the FDA, 25 grams of soy protein per day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Sunrich Naturals Edamame supplies 10 grams of soy protein.

Sunrich Naturals™ Edamame is naturally grown, sweet soybean that does 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)**	Total Fat 5g	8%	Total Carb. 9g	3%
Servings	2.5	Saturated Fat 0.5g	3%	Dietary Fiber 4g	14%
Calories	120	Trans Fat 0g		Sugars 3g	
Fat Cal.	50	Cholesterol 0mg	0%	Protein 10g	
		Sodium 10mg	0%		

*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)	Total Fat 5g	8%	Total Carb. 9g	3%
Servings	4	Saturated Fat 0.5g	3%	Dietary Fiber 4g	14%
Calories	120	Trans Fat 0g		Sugars 3g	
Fat Cal.	50	Cholesterol 0mg	0%	Protein 10g	
		Sodium 10mg	0%		

*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)**	Total Fat 5g	8%	Total Carb. 9g	3%
Servings	2.5	Saturated Fat 0.5g	3%	Dietary Fiber 4g	14%
Calories	120	Trans Fat 0g		Sugars 3g	
Fat Cal.	50	Cholesterol 0mg	0%	Protein 10g	
		Sodium 10mg	0%		

*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)	Total Fat 3g	5%	Potassium 340mg	10%
Servings	4	Saturated Fat 0g	0%	Total Carb. 12g	4%
Calories	90	Trans Fat 0g		Dietary Fiber 3g	12%
Fat Cal.	30	Cholesterol 0mg	0%	Sugars 1g	
		Sodium 10mg	0%	Protein 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	— Master Case Size —		
					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"



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