



Nutrition Facts

Serving Size about 1/3 cup (55g)

Amount Per Serving

Calories 210 Cals. From Fat 30

% Daily Value**

Total Fat 3.5 g 4%

Saturated Fat 0.5 g 3%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbohydrate 20 g 7%

Dietary Fiber 16 g 57%

Sugars 4 g

Protein 24 g

Vitamin A 0% Vitamin C 2%

Calcium 10% Iron 40%

**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	2000	2500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9 * Carbohydrate 4 * Protein 4

Source of Nutritional Information

Ingredients

Organic green soybeans. Contains Soy

Handling And Storage

Store in a dry, cool place.

Points Of Interest

Organic Edamame Fettuccine is a nutrient-dense alternative to traditional wheat-based pasta, with a subtle, delicate flavor and pleasantly chewy al dente texture. These legume-based noodles capture the power of plant protein using just one ingredient—organic green soybeans, otherwise known as edamame.

- 24g of protein per serving
- Subtle edamame flavor
- Cooks to a pleasant al dente texture
- Naturally gluten free

Suggested Uses

- Use in place of traditional wheat-based fettuccine noodles
- Toss with creamy alfredo or hearty tomato sauce
- Serve with sautéed chicken or vegetables for a healthy main dish

Basic Preparation

Add pasta to a large pot of boiling water with a pinch of salt and a splash of neutral cooking oil. Boil for 4 to 5 minutes and strain pasta from water. Use immediately or run cold water over noodles to prevent overcooking.

Recipe

Edamame Fettuccine with Pistachio Ragout

- 1 package Organic Edamame Fettuccine
- 1 tablespoon extra virgin olive oil
- 1 cup toasted pistachios, finely chopped
- 1 clove garlic, minced
- 1 sprig fresh thyme, leaves removed and chopped
- 1 tablespoon butter
- 1/2 cup chicken stock
- 2 tablespoons mascarpone cheese
- Parmesan cheese, for garnish

Add pasta to a large pot of boiling water with a pinch of salt. Boil for 4 to 5 minutes to keep a chewy bite to the noodles. Strain and run cold water over pasta to stop cooking.

Place a large skillet over medium heat and add oil, pistachios, and garlic. Cook while stirring for 2 to 3 minutes, then add thyme and butter. When butter begins to foam a bit, add chicken stock. Cook until thick and glossy, then add pasta. Stir to coat and cover noodles, then transfer to two plates. Divide pistachios between the two dishes. Place a scoop of mascarpone on top and garnish with fresh parmesan cheese.

Serves 2

Green soybeans, also known as edamame, create a tasty pasta with a good chew that will hold up well with any pasta sauce. We chose to show off the delicate flavor of our Organic Edamame Fettuccine by pairing it with toasted pistachios, garlic, and fragrant thyme.