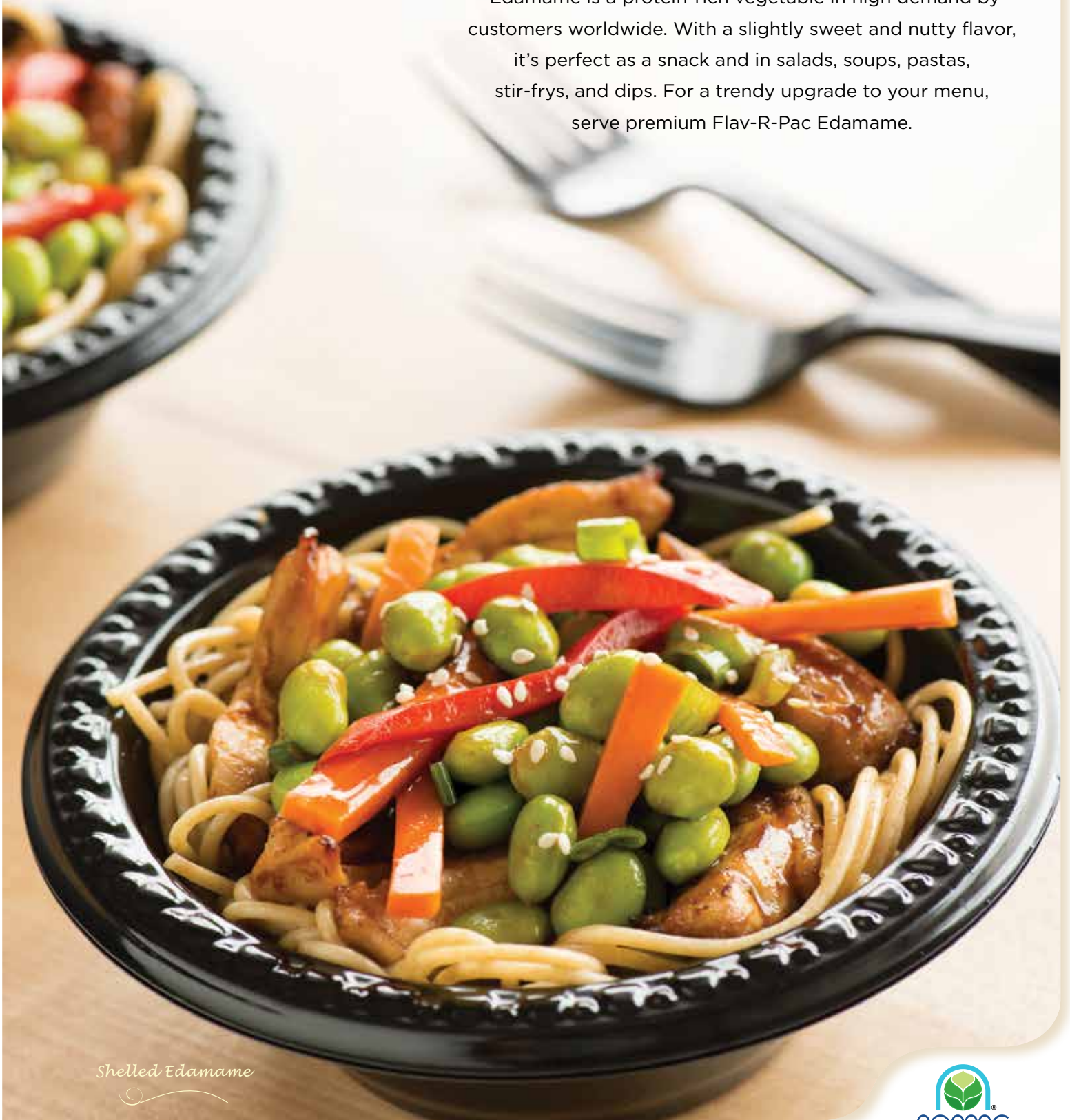


The logo features the brand name 'FLAV-R-PAC' in a blue banner above the word 'Edamame' in a green script font, all enclosed in a white oval with a green border. The background of the top section is a green and white line-art illustration of a farm with a barn and a windmill.

FLAV-R-PAC Edamame

Edamame is a protein-rich vegetable in high demand by customers worldwide. With a slightly sweet and nutty flavor, it's perfect as a snack and in salads, soups, pastas, stir-frys, and dips. For a trendy upgrade to your menu, serve premium Flav-R-Pac Edamame.





Our bright green soybeans come in whole, shelled, and medley varieties. The only vegetable that offers all nine essential amino acids, Edamame is a nutritious and elegant addition to your signature dishes.



SHELLED EDAMAME

Blend with spices for a rich dip or sprinkle on a crisp green salad.



WHOLE EDAMAME

Pop open pods using teeth or fingers and consume individual beans; discard empty pod.



EDAMAME MEDLEY

Golden corn kernels, plump Edamame, matchstick carrots, and diced red peppers. Toss with your favorite stir-fry ingredients or add to a colorful vegetable soup.



NUTRITIONAL INFORMATION

	Serving Size (g)	Total Calories	Calories from Fat			Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Edamame Medley	2/3 C (90g)	80	20	2.5	0	0	0	20	10	5	4	5	20	15	4	6		
Edamame, Shelled	2/3C (89g)	120	45	5	1	0	0	10	8	7	0	12	8	20	6	10		
Edamame, Whole	1 1/2 C (85g)	120	45	5	1	0	0	10	7	7	0	11	8	15	6	10		

PACK INFORMATION

	Key Information (see legend below)	CAT #	Pack Size (lb)	Net Case Weight (lb)	Gross Case Weight (lb)	Case Cube Size / Cu. Ft.	Pallet Pattern	Case Dimensions (Outside)
Edamame Medley	● ★ ▼	03840	6/4	24	26	1.01	7 x 7 = 49	19.375 x 12.375 x 7.256
Edamame, Shelled	■ ★ ▼	08435	6/2.5	15	16.5	0.58	9 x 10 = 90	17 x 11.25 x 5.25
Edamame, Whole	■ ★ ▼	08441	6/2.5	15	16.5	0.95	9 x 6 = 54	17 x 10.375 x 9.125

● Low Fat ■ Gluten Free ★ Contains no added MSG ▼ Vegan

For more information please call 800-733-9311 or visit us at www.norpac.com

