

Edamame Nutrition

R O T A O A R B V R N M V M U I S E N G A M 3 3
3 M D 3 S E N O V A L F O S I F 3 3 L V D H P O
F T T M O H N P R R L S L E D H 3 L D P S O E N
I I O C B V C H O H H U A H T M T O F P T F O H
L O V A A F T O C S Y P B O 3 D P H Y A F V R B
V B N T C S B S D H O E 3 M A F I N S F F C A T
U U L L N T U P S C U R O E I O B S R L G A H N
M B P H I N M H I Y R F L G C O I G L E F L R I
3 B L Y M E N O L M E O P A U U R S V D H L M U
B N F B A I I R 3 U B O N 3 M N L S B A N R C M
U H 3 Y T R O U B D I D T F B G F C P M E F R A
Y H A R I T S S P L F C I A V R A H S A D S M Y
A B P Y V U V D A 3 3 U U T H D B F C M G A D L
M V T M L N B U I D L A T T C D B T 3 E L B O H
V V T R B R M H F E U N 3 Y G M N V O I H H 3 R
B A T H C N A R B N O S N A E B L A R D N V S D
F A S O V 3 A F A I 3 D E C O H E M Y V T A T L
F L U L 3 G E U O Y H Y G I L F U A H A U C E O
H H O U T F 3 H T H L R H D N N E A L P L R P F
S R P F Y N T O R M H R N L T H E Y F H O G G H
D L U C U B L B O C E 3 M C M L O N T V H T F C
3 3 C D D T S N I E T O R P E T E L P M O C D F
P P S Y D R P D F E A A S R M B R H N E V N G N
F P G B E U N U Y 3 Y E N S N I Y L B E 3 L L L

omega-3 fatty acid

complete protein

beans on branch

isoflavones

phosphorus

superfood

potassium

magnesium

nutrients

Vitamin C

edamame

fiber