CHINESE · SNACK · SIDE

Five-Spice Sesame Edamame

20 min · Serves 4 · 132 kcal a serve · Video 4:56 · Souped Up Recipes

Vegan · Gluten-free ingredients · No nuts listed

A protein-rich snack: each serve gives about 12 g plant protein and 5 g fibre, and edamame is an excellent source of folate.

Diet notes: Low carb (3.8 g net carbs) but not keto: 43% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.8 g, 5% of the energy).

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Ingredients 4 · SERVES 4

- [ ] 14 oz **frozen shelled edamame** (without the pods)
- [ ] 1 tsp **salt** (or to taste)
- [ ] ½ tsp **five-spice powder**
- [ ] 1 tsp **sesame oil**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Bring a large pot of water to the boil, so it stays hot when the frozen beans go in. 0:39
2. Add the frozen edamame straight from the freezer. Once the water comes back to the boil, simmer for about 1 minute more (3–5 minutes if using fresh edamame). 0:44
3. Drain and let the beans cool naturally. 1:14
4. Season with the salt, five-spice and sesame oil and toss well. Serve as a snack or side. 1:21

> **Tip** Serves 4 as a snack or side (our estimate; the cook doesn't say). Salt to taste: start with half the teaspoon. Good cold, too.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
132 kcal 550 kJ	12 g 24% of a day	9 g 3.8 g net · 2.2 g sugars 3% of a day	5.3 g 19% of a day	6.4 g 0.8 g saturated 8% of a day	590 mg 26% of a day

Energy from net carbs 13% · protein 40% · fat 47% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Folate 78% · Vitamin K 23% · Omega-3 23%

Source of (10–19%) Magnesium 15% · Iron 13% · Zinc 13%

Recipe and video: Souped Up Recipes (@SoupedUpRecipes) on YouTube — youtube.com/watch?v=REtzi85_IGs, published 6 October 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sur-five-spice-edamame