

Edamame and Grapes

Swick

Makes 1 servings | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

Nutrition: Calories 219; Fat 8g; Carbs 22g; Fiber 9g; Sugar 11g; Protein 19g; Cholesterol 0mg; Sodium 10mg; Vitamin A 508IU; Vitamin C 11mg; Calcium 105mg; Iron 4mg

Step 1: Method

- 1 cup cooked edamame beans, shelled
 - 1/2 cup grapes
1. Cook edamame according to package instructions, then cool.
 2. Place grapes and edamame in containers.