

# Spicy Garlic Edamame

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-edamame-recipe>

## Ingredients:

- 1/2 teaspoon orange zest
- 1/4 teaspoon cayenne pepper
- 1 tablespoon sesame seeds, toasted
- freshly ground pepper to taste
- 1/4 cup soy sauce reduced-sodium, or gluten-free soy sauce
- 1/4 cup chicken broth reduced-sodium
- 1 tablespoon honey
- 2 teaspoons canola oil
- 4 cloves garlic chopped
- 1 teaspoon ginger grated
- 5 cups edamame in pod\*

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 22 grams
3. Fat: 11 grams
4. Fiber: 9 grams
5. Protein: 17 grams
6. SaturatedFat: 2 grams
7. Sodium: 910 milligrams
8. Sugar: 8 grams

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