

13G PROTEIN

5G FIBER

3G NET CARBS 143 CAL

THE ONLY[®]
BEAN

CRUNCHY ROASTED
EDAMAME BEANS

HIGH PROTEIN SUPERSNACK

KETO-FRIENDLY • GLUTEN-FREE • VEGAN



BUFFALO

NET WEIGHT 4 OZ (113 G)



HIGH PROTEIN SUPERSNACK

CRUNCHY ROASTED
EDAMAME
BEAN SNACK ATTACK!

Crush your snack cravings with crunchy roasted edamame beans! Our beans are dry roasted (never fried) and seasoned to yummy perfection. Enjoy this protein-packed supersnack straight from the bag or on your favorite meal for some added fuel! It's time to get your snack on!

PACKED WITH
PLANT-BASED PROTEIN

EXCELLENT
SOURCE OF
FIBER

3G OF
NET CARBS



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THEONLYBEAN.COM

Nutrition Facts

About 4 servings per container
Serving Size 1/3 cup (30g)

Amount Per Serving
Calories 143

% Daily Value*

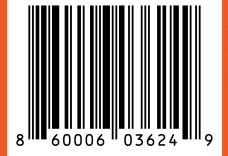
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 144mg	6%
Total Carbs. 8g	3%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	26%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	9%
Potassium 200mcg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Edamame (Soybean), Buffalo City Roasted Wing Flavor (Cayenne Pepper, Distilled Vinegar, Garlic, Yeast Extract, Citric Acid, Paprika Extract, Natural Non-Dairy Butter), Soybean Oil

Contains: Soy

Made in a facility that processes peanuts and tree nuts.



Produced for
The Only Bean LLC
Columbus, MI 48903
Product of China