

# Sunflower Parmesan

## About the Recipe

**58 Calories · 3 g Protein · 1 g Fiber**  
**Sauce/Dressing/Topping**

## Ingredients

**Makes 16 Servings**

- 1 cup raw sunflower seeds
- 3 tablespoons nutritional yeast
- 3/4 teaspoon sea salt
- 1/2 teaspoon garlic powder

## Directions

1. Add the sunflower seeds to a food processor and process into small, crumbly bits. Add the nutritional yeast, salt, and garlic powder and process into a sand-like consistency. Note: Substitute the sunflower seeds with hemp seeds if desired.&nbsp;

## Nutrition Facts

*Per serving:*

**Calories:** 58

**Fat:** 5 g

**Saturated Fat:** 1 g

**% Calories From Fat:** 67%

**Cholesterol:** 0 mg

**Protein:** 3 g

**Carbohydrate:** 3 g

**Sugar:** 0 g

**Fiber:** 1 g

**Sodium:** 111 mg

**Calcium:** 8 mg

**Iron:** 1 mg

**Vitamin C:** 0 mg

**Beta-Carotene:** 3 mcg

**Vitamin E:** 3 mg