

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.

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