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Sunflower Seed Salad ♦♦

A refreshing salad made with sunflower seeds, mixed greens, and a tangy vinaigrette dressing.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

50 g	Sunflower Seeds
150 g	Mixed Greens
4 tbsp	vinaigrette dressing

Directions

Step 1

Preparation

Wash and dry the mixed greens.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the mixed greens and sunflower seeds.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Mixing

Drizzle the vinaigrette dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Serving

Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 12 g

Protein: 6 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	12 g	42.86%	48%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	6 mg	0.18%	0.23%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring Summer

Cuisines

Indian

Course

Salads Snacks

Diet

Paleo Diet Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet
Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet Fruitarian Diet
Anti-Inflammatory Diet The Fast Metabolism Diet Nutrient Timing Diet
The 80/10/10 Diet The Gerson Therapy The Cabbage Soup Diet
The French Women Don't Get Fat Diet The Cookie Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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