

Sunflower Greens, the Super Food!
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Sunflower greens have unsurpassed nutritional value. Considering that sunflower seeds are almost 25% protein, it is no wonder that sunflower sprouts and greens, grown from these seeds, are nutritional super foods with few rivals. A mere 3.5 ounces of sprouted seeds contains a whopping 22.78 grams of protein! The same amount of chicken breast meat contains just slightly more protein at 26.25 grams. Sunflower sprouts and greens are a rich source of vitamins A, B complex, D, and E and minerals including calcium, copper, iron, magnesium, potassium, phosphorus and zinc.

In addition to these vitamins and minerals, sunflower sprouts and greens are a rich source of lecithin which helps break down fatty acids into an easily digestible water soluble form, and chlorophyll which benefits many functions within the body, including building blood supply, revitalizing tissue, calming inflammation, activating enzymes, and deodorizing the body. But if they are this good for you, they must taste bad? Wrong! Sunflower greens are considered a delicacy among gourmets and are known for a crisp nutty flavor.

So there is no confusion regarding terminology, sunflower sprouts are generally regarded as hulled sunflower seeds that have been soaked and sprouted for a day or so. Sunflower greens are the baby plants that result when unhulled seeds are grown in soil, generally for 7-8 days.