

# Organic Sunflower Seeds - Raw

Country of Origin: USA

Certified Organic

Pro-Cert

## Nutrition Facts

### Valeur nutritive

Per 1/4 cup (30 g) / par 1/4 tasse (30 g)

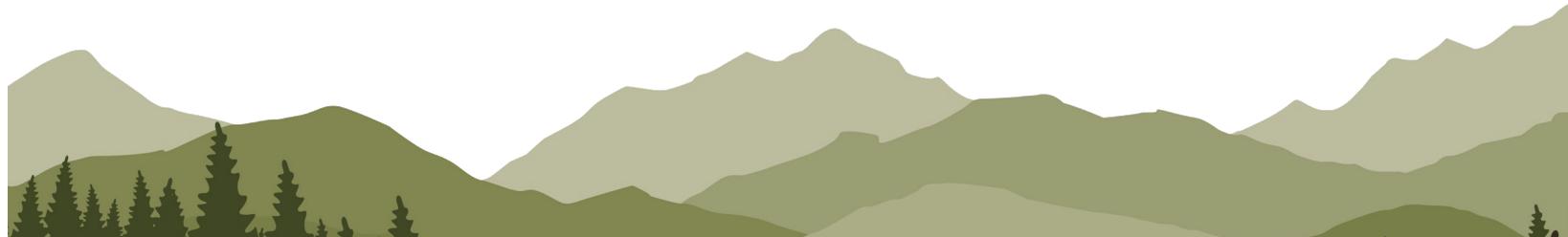
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 180	
<b>Fat / Lipides</b> 15 g	<b>24 %</b>
Saturated / saturés 1.5 g + Trans / trans 0 g	<b>7 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 3 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 6 g	<b>2 %</b>
Fibre / Fibres 3 g	<b>10 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	10 %

## Factoid:

Sunflower seeds are indigenous to North America and were consumed by native peoples, raw or roasted. However, sunflower seeds were first commercially grown in Russia, then brought back to North America to be grown as a cultivated crop.

## Ingredients:

Organic sunflower seeds



**Recipe:**

**left coast  
ORGANICS**

# Sunflower Seed Crusted Lamb Loin

## Ingredients:

- 2 well-trimmed boneless lamb loins (3/4 lb each)
- Salt and freshly ground pepper
- 1 large egg white, lightly beaten
- 1 C raw sunflower seeds (3 1/2 oz), finely chopped
- 1 Tbl all-purpose flour
- 2 Tbl pure olive oil
- Lavender balsamic vinaigrette

## Instructions:

1. Preheat the oven to 400F.
2. Season the lamb with salt and pepper and brush lightly with the egg white.
3. On a dinner plate, toss the sunflower seeds with the flour. Roll the lamb loins in the seeds until evenly and thoroughly coated.
4. Heat the oil in a large nonstick skillet. Add the lamb and cook over moderately high heat, turning with a spatula, until the sunflower seed crust is browned all over, about 2 minutes.
5. Transfer the lamb to a baking sheet and roast for about 7 minutes (for medium rare).
6. Carve each loin into 12 slices. Arrange 3 lamb medallions on each of 8 warmed dinner plates. Drizzle some lavender balsamic vinaigrette around the lamb and serve at once.

