



Sunflower Seed Butter

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Top 3 Excellent reasons to eat more sunflower seed butter:

1. More unsaturated fat than nut butters! And no cholesterol, making it a heart healthy food.
2. A source of fiber, and easy to digest. For those with a nut allergy, sunflower seed butter is a perfect substitution for recipes and all other ways can enjoy it!
3. It's plant-based protein, fiber and healthy fats combination leaves you feeling satiated and energized.

Each 2 tablespoons serving of sunflower seed butter provides the following nutrients, minerals, and vitamins:

- **Protein.** Sunflower seed butter contains about 5 grams of plant-based protein per 2-tbsp serving. This counts toward the recommended dietary allowances (RDA) for women of 46 grams and 56 grams for men, which varies by age and activity level.
- **Magnesium.** With about 118 milligrams of magnesium, each serving helps towards the RDA of 400–420 mg in men and 310–320 in women. Magnesium is essential for health, playing a role in over 300 chemical processes in the body.
- **Phosphorous.** Each serving contains 236 milligrams of phosphorus, which is about 34 percent of the RDA of 700mg for adults. Phosphorus helps the body to build healthy cells and bones and helps cells to produce energy.
- **Zinc.** A serving of cashew butter provides 1.6 mg of zinc. This is 12 percent of the recommended daily intake of 11 mg for men, and 20 percent of the RDA of 8 mg for women. Zinc is necessary for immunity, protein synthesis, and DNA formation.
- **Copper.** Cashew butter contains 0.6 mg of copper per serving, which makes 30 percent of the RDA for adults. Copper together with iron enables the body to form red blood cells. It helps maintain healthy bones, blood vessels, nerves and immune function.
- **Folate.** With about 76 milligrams of folate per serving, sunflower seed butter provides almost 6 percent of an adult's RDA. Our body requires folate to make DNA and other genetic material, it is also required for cells to divide. There is an increased need for folic acid during pregnancy to prevent neural tube defects in the fetus.
- **Fiber.** A serving of sunflower seed butter provides 3 grams of fiber, contributing to the daily recommended of 25 to 30 grams. Fiber is beneficial in weight management, decreasing risk for diabetes type 2 and coronary artery disease by lowering cholesterol levels.

- **Vitamin E.** Sunflower seed butter provides almost 59 percent of an adult's RDA of 15 mg. Vitamin E is an important vitamin required for the proper function of many organs in the body. It is also an antioxidant.

Health benefits of sunflower seed butter:

- Excellent source of vitamin E, protecting our cells from damage
- Contain about 47% daily value for vitamin B1, fighting fatigue and helping our body convert the foods we eat into actual energy.
- Fights stress due to its high magnesium content.
- Muscle building
- Great for blood and bone health, also to prevent anemia.

Good fit for:

- Plant-based diet
- Gluten-free diet
- High protein diet
- Vegan and vegetarians
- Paleo diet
- Mediterranean diet
- Nut allergy

Sources:

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