## Copilot

Sure, here are some key attributes of sunflower seeds as an ingredient:

1. **Origin**: Sunflower seeds are the fruits of the sunflower plant (Helianthus annuus)[^10^]. They are harvested from the plant's large flower heads, which can measure more than 12 inches in diameter [1].
2. **Form**: The seeds are encased in inedible black-and-white striped shells, also called hulls [1]. Those used for extracting sunflower oil have solid black shells [1].
3. **Flavor and Texture**: Sunflower seeds have a mild, nutty flavor and a firm but tender texture [1]. They're often roasted to enhance the flavor, though you can also buy them raw [1].
4. **Culinary Uses**: Sunflower seeds are popular in trail mix, multi-grain bread, nutrition bars, and for snacking straight from the bag [1].
5. **Nutritional Profile**: Sunflower seeds pack many nutrients into a tiny seed. The main nutrients in 1 ounce (30 grams or 1/4 cup) of shelled, dry-roasted sunflower seeds are [1]:
   * Calories: 163
   * Total fat: 14 grams
   * Protein: 5.5 grams
   * Carbs: 6.5 grams
   * Fiber: 3 grams
   * Vitamin E: 37% of the RDI
   * Niacin: 10% of the RDI
   * Vitamin B6: 11% of the RDI
   * Folate: 17% of the RDI
   * Pantothenic acid: 20% of the RDI
   * Iron: 6% of the RDI
   * Magnesium: 9% of the RDI
   * Zinc: 10% of the RDI
   * Copper: 26% of the RDI
   * Manganese: 30% of the RDI
   * Selenium: 32% of the RDI
6. **Health Benefits**: Sunflower seeds are especially high in vitamin E and selenium. These function as antioxidants to protect your body’s cells against free radical damage, which plays a role in several chronic diseases [1]. Additionally, sunflower seeds are a good source of beneficial plant compounds, including phenolic acids and flavonoids — which also function as antioxidants [1].
7. **Potential Risks**: While sunflower seeds are generally safe to eat, they are high in calories and should be eaten in moderation [1].

Please note that while sunflower seeds have many potential health benefits, they're not a substitute for medical treatment. If you have a medical condition or are taking medication, it's recommended to consult with a healthcare provider before adding large amounts of sunflower seeds to your diet [1].

Source: Conversation with Bing, 5/13/2024

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3. [5 Benefits of Sunflower Seeds - Cleveland Clinic Health Essentials](https://health.clevelandclinic.org/are-sunflower-seeds-good-for-you)
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5. [and Cake. Perspective of Using Sunﬂower Oilcakes as a](https://mdpi-res.com/d_attachment/plants/plants-10-02487/article_deploy/plants-10-02487-v2.pdf?version=1637310204)
6. [Sunflower seed - Wikipedia](https://en.wikipedia.org/wiki/Sunflower_seed)
7. [Seed of the month: Sunflower - Harvard Health](https://www.health.harvard.eduwww.health.harvard.edu/heart-health/seed-of-the-month-sunflower)
8. [Sunflower Growth Timeline: Key Stages from Seed to Bloom](https://www.evergreenseeds.com/sunflower-growth-timeline/)
9. [The Complete Guide to Sunflower Seed Growth and Development](https://growplantsfromseed.com/the-complete-guide-to-sunflower-seed-growth-and-development/)
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