

# Salad Booster

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-crispy-seaweed-kale-recipe>

## Ingredients:

- 2 sheets seaweed nori
- 2 ounces kale 8-10 leaves, stems and center ribs removed
- 1/4 cup sunflower seeds
- 1 lemon
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon pepper sansho, optional
- sea salt to taste
- dried herbs
- fennel bee /, pollen

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 16 grams
3. Fat: 9 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 430 milligrams
8. Sugar: 1 grams

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