



Bell Peppers



Varieties: Bell Peppers are typically available in their Green, unripe form, and ripe, as yellow, orange, red and sometimes purple or even white. Baby Bells, or miniature peppers are also available from time to time.

Selection: Choose firm peppers that are heavy for their size and brightly colored. Avoid dull, dented, split or shriveled peppers. Avoid peppers that show mold around their stems or are pitted.

Storage and Handling: Store peppers in the refrigerator, in plastic bags and use within 5 days of purchase for best quality.

Nutritional Benefits: Bell peppers are fat free, cholesterol free, low in sodium, low in calories and high in Vitamin C. Red peppers contain 9 times as much Carotene, 2 times as much Vitamin C as green peppers and Lycopene, unlike green peppers. Orange peppers have even more of these Vitamins, plus more Vitamin A!

Nutrition Facts			
Serving Size 1 medium pepper (148g)			
Amount Per Serving			
Calories 25	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 40mg	2%		
Total Carbohydrate 6g	2%		
Dietary Fiber 2g	8%		
Sugars 4g			
Protein 1g			
Vitamin A 4%	Vitamin C 190%		
Calcium 2%	Iron 4%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Fun Facts:

- * Bell Peppers are native to South and Central Americas.
- * Bell Peppers are botanically classified as fruit!
- * Bell Peppers are sweet, and are the only member of the Chile family which do not produce Capsaicin, the hot oil that makes other chilies hot!
- * Peppers got the name "pepper" from Christopher Columbus, who threw them into a group of items, along with Black Pepper, that were hot and pungent.
- * "Bell" comes from their bell shape!

Easy Ways To Enjoy Bell Peppers

- * Bell Peppers, especially red, yellow and orange, can be sweet as candy and offer the perfect sweet-tooth solution after school. Just slice, serve with dip and watch as the pepper disappears!
- * Peppers are great raw, in anything form of salad, including salsas and slaws, green lettuce-based salads and even fruit salads!
- * Peppers are awesome tossed in with any sautéed vegetable, from zucchini and yellow squash to mushrooms and onions
- * Add to soups and stews, rice dishes and casserole style creations.
- * Try the classic stuffed pepper with alternate grains or beans instead.

