

PEPPER PROFILE



JULY-OCTOBER

PAIR WELL WITH...

- OLIVE OIL, ONION, THYME
- BASIL, GARLIC, PINE NUTS, VINEGAR
- CHICKEN, ZUCCHINI, LEMON

PREPERATION TECHNIQUES...

- BAKE
- STIR FRY
- BROIL
- STUFF
- GRILL
- ROAST

NUTRIENTS AND BENEFITS

- Vitamin C
 - Green peppers have lower amounts of vitamin C than red and orange peppers
 - Great for immune system and managing blood pressure
- Fiber
 - Prevent constipation, promote weight loss, help manage type 2 diabetes

ANTIOXIDANTS AND BENEFITS

- Polyphenols
 - Regular consumption of polyphenols boosts digestion and brain health
 - Improve heart health by reducing inflammation, allowing for protection against heart disease
 - Lower blood sugar levels, contributing to protection against type 2 diabetes

Nutrition Facts

Serving size: 1 medium pepper
Servings: 1

Amount per serving

Calories **38**

% Daily Value*

Total Fat 0.3g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 1.6g 6%

Total Sugars 6g

Protein 1.2g

Vitamin D 0mcg 0%

Calcium 10mg 1%

Iron 1mg 3%

Potassium 224mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

KEEP IN MIND...

- **Notable flavor**
 - Sweet peppers
 - Grassy, fresh, tangy
 - Hot peppers
 - Sharp, spicy, citrusy
- **Can you consume it raw?**
 - Yes! Peppers can be served raw dipped in hummus or cooked into a fajita dish
- **What parts of the plant can you eat?**
 - The entire pepper is edible, although the seeds will hold extra spice
- **Short term storage**
 - Low humidity, cool, dark place such as the fresh drawer in the fridge
- **Long term storage**
 - Freeze for 6-8 months
 - Pickle

