

Sweet Bell Peppers



Fun facts

Bell peppers have no "bite" at all, since they contain a recessive gene that eliminates capsaicin. Instead, they have a mild tang and a crunchy texture that makes them suitable for eating raw; their size, shape, and firmness allow them to be stuffed whole.

Test your Pepper I. Q

Which of the following is the peppery name of a music group?

- a. The Cubanelles
- b. A Pimiento
- c. Banana Republic
- d. The Red Hot Chili Peppers

Peppers come in which of the following colors?

- a. Red and green
- b. Yellow and orange
- c. Brown and purple
- d. All of the above

Bell Peppers have three to four lobes, the color depends on the variety and the stage of ripeness. Most are sold in the mature green stage--fully developed, but not ripe. As they ripen on the vine, most bell peppers turn red and become sweeter.



Sweet Pepper

Nutrition Facts

Serving Size
1 medium pepper (148g)

Amount Per Serving

Calories 30 Calories from Fat 0



	%Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	



Vitamin A 8%	Vitamin C 190%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

