

BELL PEPPERS



ORIGIN OF BELL PEPPERS



Bell peppers originated from Central and South America, and have been spreading throughout the world since the 1400s.

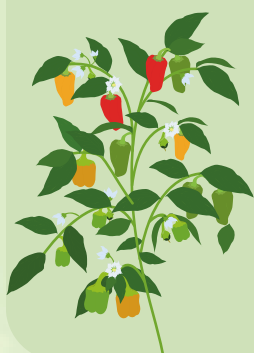
HEALTH BENEFITS



Bell peppers are an excellent source of vitamin C. Vitamin C improves absorption of iron, boosts the body's immunity, and helps create collagen necessary for wound healing.



INTERESTING FACT ABOUT BELL PEPPERS



Bell peppers are a healthy snack as they are low in calories and high in nutrients, including vitamin C. You can get 120 mg of Vitamin C from 1 cup of green bell pepper.

VITAMIN C DIFFERENCES IN BELL PEPPERS

As bell peppers ripen, their nutritional status rises.



Green

100 mg Vitamin C per 100g

Yellow

139 mg Vitamin C per 100g

Red

142 mg Vitamin C per 100 g

HEALTHY RECIPE IDEA: VEGGIE KABOBS

INGREDIENTS:

- Seasoned vegetable base
- Olive oil
- Red pepper flakes
- skewers
- red, orange, yellow, green peppers
- onion
- cherry tomatoes

DIRECTIONS:

- Preheat grill to 400F
- Mix vegetable base, oil, and red pepper flakes in a bowl
- Add cut vegetables to bowl and coat
- Thread vegetables onto skewers alternating pepper, onions, and tomatoes
- Place skewers directly onto grill for 1-2 minutes per side
- Carefully remove from grill and serve

