



Jalapeño

Health Benefits of Jalapeño

These chili peppers are rich in vitamins with an added punch of capsaicin that makes the peppers mildly spicy.

1 cup chopped raw jalapeño provides:

- 26 Calories, 0.8 gm protein, 2.5 gm fiber, no fat, no cholesterol

Potential benefits of consuming jalapeño:

- Rich in antioxidant vitamin C and vitamin B6 which protect the immune system and guard against bacteria and yeast infection
- Contain the unique compound capsaicin, which not only gives the pepper its spice, but may help to boost metabolism
- Capsaicin has strong anti-cancer properties, helps stabilize blood sugars and may help to prevent stomach ulcers
- Wear food-safe gloves when chopping jalapeños to prevent transferring the spicy compounds to eyes and other areas
- Remove seeds to reduce spiciness
- Chop raw jalapeños in salad or guacamole, on sandwiches, or mix into chili or veggie stir fry
- Canned jalapeños are an easy addition to soups or baked goods

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