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paked goods

chili or veggie stir fry. Canned jalapeños are an easy addition to soups or • Use raw jalapeños in salad or guacamole, on sandwiches, or mix in into

- of spicy compounds to eyes and other sensitive areas; remove seeds
- Wear food-safe gloves when chopping jalapeños to prevent the transfer and may help to prevent stomach ulcers
- Capsaicin has strong anti-cancer properties, helps stabilize blood sugars its spice, but may help to boost metabolism
- Contain the unique compound capsaicin, which not only gives the pepper system and guard against bacteria and yeast infection
  - Rich in the antioxidant vitamins C and B6 which protect the immune

#### Potential benefits of consuming jalapenos:

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

1 cup chopped raw jalapeños provides:

## Health Benefits of Jalapenos



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



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- 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 the transfer of spicy compounds to eyes and other sensitive areas; remove seeds
- Use raw jalapeños in salad or guacamole, on sandwiches, or mix in into chili or veggie stir fry. Canned jalapeños are an easy addition to soups or baked goods

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# lapenos

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