

- 26 Calories, 0.8 gm protein, 2.5 gm fiber, no fat, no cholesterol
- Potential benefits of consuming jalapeños:**
- Rich in the antioxidant vitamins C and 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 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

Health Benefits of Jalapeños

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



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1 cup chopped raw jalapeños provides:

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