



## Health Benefits of Green Chilis

Green chilis or chiles, are mildly-spicy peppers that are rich in antioxidants. The spicy aroma is capsaicin, a compound know for its medicinal properties.

### **1/2 cup raw green chilis provides:**

- 30 calories, 1.5 gm protein, 1 gm fiber, no fat, no cholesterol

### **Potential benefits of green chilis:**

- Excellent source of antioxidants vitamin C and beta-carotene that neutralize free radicals, boost immunity and fight inflammation
- Capsaicin has been shown to be toxic to cancer cells including breast, prostate, colorectal, lung, prostate and pancreatic cancer
- Also contain antioxidants lutein and zeaxanthin for eye health
- Good source of potassium for healthy blood pressure
- Provide calcium, magnesium, zinc, copper and selenium for healthy bones
- Add raw or cooked to fresh greens, potato or macaroni salad, in hummus or salsa, sliced on sandwiches, in soups, stews, chili or marinara sauce
- Can also be used to make pickles, salsa or jelly



Brought to you by the Coos County Food and Nutrition Group, Advanced Health and OSU Extension Family and Community Health.



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