

BELL PEPPER



DIFFERENT USES

- Stuff peppers with beans, brown rice, vegetables, and seasoning. Bake and enjoy!
- Bell peppers taste great right off the grill. Brush with olive oil and sprinkle a little salt before grilling and enjoy!
- Dice bell pepper and toss onto a pizza before baking, into pasta sauce as it cooks, or into an omelet before you fold it.
- Or, just slice and enjoy with your favorite dip

BRIDGEPORT
NUTRITION

Nutrition Facts

Serving Size 1 medium pepper

Calories 25	% Daily Value
Total Fat 0g	0%
Sodium 3 mg	0%
Total Carbohydrate 6g	4%
Dietary Fiber 2g	6%

Protein 1g

Health Benefits

- Great for your skin and immunity due to its large amounts of vitamins A, C, and E.
- Loaded with beta-cryptoxanthin, a vitamin A carotenoid, that may reduce the risk of lung cancer.
- Good source of fiber, folate, and vitamin K

FUN FACT

- Minnesota grown bell peppers are available at farmer's markets from July through September.
- Red, orange, and yellow bell peppers are actually very ripe green peppers.
- Red bell peppers have more than twice the vitamin C of a green pepper.
- Peppers, both sweet and hot, originated in Central and South America.

Information is provided by the Nutrition Department at Concordia College, Moorhead, MN and Minnesota Department of Education