- Consume raw with hummus, in salads or on sandwiches.
- Potential benefits of consuming bell peppers:

Health Benefits of Bell Peppers

Bell Peppers

Bell peppers start out green but gradually mature into yellow, orange then red. Ripe bell

peppers (red) are sweeter and less likely to

cause burping than green.

1 medium bell pepper provides:

- Excellent source of antioxidants vitamin C (provides >200% DV) & vitamin A in the form of beta-carotene
- Also contain calcium, potassium & vitamin K for heart health, B vitamins &
- Carotenoids, flavonoids & phenolic acids work with vitamin C as antioxidants
- to protect against inflammation, diseases & aging
- - 🚺 👩 胸 Healthy

24 Calories, 1 gm protein, 2 gm fiber, 0 gm fat, no cholesterol

- phosphorus for energy, brain function & metabolism

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Health Benefits of Bell Peppers

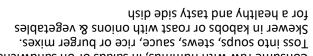
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- Carotenoids, flavonoids & phenolic acids work with vitamin C as antioxidants
- Toss into soups, stews, sauce, rice or burger mixes. Consume raw with hummus, in salads or on sandwiches. to protect against inflammation, diseases & aging



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- for a healthy and tasty side dish Skewer in kabobs or roast with onions & vegetables Toss into soups, stews, sauce, rice or burger mixes. Consume raw with hummus, in salads or on sandwiches.

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Skewer in kabobs or roast with onions & vegetables for a healthy and tasty side dish

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