

# Green Bell Pepper



## ***Nutrition:***

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- **Bell Peppers are high in antioxidants and vitamin C.**
- **Red Peppers have twice as much vitamin C as green peppers, but green bell peppers still provide over 200% of the recommended amount of vitamin C.**

## ***Did you know?***

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- **Bell peppers come in many colors; green, yellow, red, orange, and even purple. Red, orange and yellow bell peppers are simply very ripe green bell peppers.**
- **Peppers were first grown in Central and South America over 2,000 years ago. Columbus introduced them to Europe after his first voyage to the New World.**
- **Scoville heat units measure the spiciness in peppers. Bell peppers rank at 0, while Jalapenos rank 2,500-8,000.**

## ***More:***

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- **Usually the darker the bell pepper, the sweeter it will taste.**

## **Be a Student Detective...**

- ***Are bell peppers a fruit or a vegetable?***
  - ***Hint: What part of the plant are they?***

