

Bell Pepper

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Bell Pepper is rich in Vitamins and is a great option for weight loss

GEEK TALK

Capsicum

BUT WE TALK

Bell Pepper, Sweet Pepper, Capsicum, Simla Mirch, Kuda milagai

DID YOU KNOW?

Bell peppers are native to Mexico, Central American, and South America and have been cultivated there for over 9000 years. After the Spanish settlement of the area, pepper seeds were brought back to Europe where they were named peppers.

The bell pepper can be grown year-round in a variety of climates and can be seen all over the world.

When selecting peppers one should make sure the skin is firm and does not have wrinkles, the stem is green, and they should feel heavy for their size. Bell peppers come in many colors including: red, yellow, orange, chocolate brown, lilac, ivory, deep purple, and green.

KITCHEN PHARMACY

- Bell peppers are a great source of lycopene, which is known to lower the risk of prostate, bladder, cervical, and pancreatic cancers.
- In addition, bell peppers are a great source of Vitamin C, Vitamin A, and Vitamin B6.
- Bell peppers are also a great option for weight loss as it is very low on calories and high on fiber.