

Bell Pepper

Look:

Bell peppers come in a variety of colors, sizes, and shapes. Inside the thick flesh there is a hollow cavity filled with white membrane and many, small, flat circular seeds.

Taste:

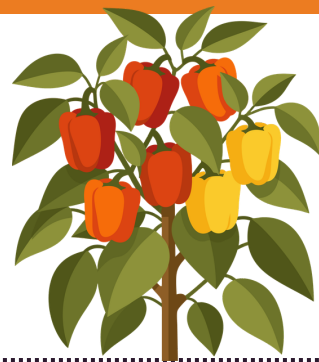
Depending on the color the taste will be different. They all have a crispy crunchy texture. Green is slightly bitter, yellow is slightly sweeter, orange is sweet and mild, and red is the sweetest of them all.

Touch:

The skin of a bell pepper is smooth and shiny and should be firm to the touch.



Green bell peppers are unripe peppers that will turn yellow, orange, and then red as they continue to mature.



Did you know?

Bell Peppers are technically classified as a fruit!



Health Benefits

High in vitamins

Rich in antioxidants

Good source of fiber

Low in calories