

# RED, ORANGE, & YELLOW BELL PEPPERS



## **Description**

Different colors of bell peppers have different tastes. Red peppers are said to be the sweetest and juiciest. They are fully ripe and the most mature. Yellow peppers have an almost fruity taste and are very sweet. Orange peppers are the least commonly used peppers and are a little less sweet than the yellow variety.

## **Highlights**

Red peppers contain more nutrients than the other peppers, including vitamins A and C.

Red peppers contain lycopene, which is a carotenoid that lowers the risk of various cancers.

Peppers are great for cooking or eating plain.