



Green Chilis

Health Benefits of Green Chilis

Green chilis or chiles, are mildly-spicy peppers that are rich in antioxidants. The spicy aroma is capsaicin, a compound known for its medicinal properties.

½ cup raw green chilis provides:

- 30 calories, 1.5 gm protein, 1 gm fiber, no fat, no cholesterol

Potential benefits of green chilis:

- Excellent source of antioxidants vitamin C and beta-carotene that neutralize free radicals, boost immunity and fight inflammation
- Capsaicin has been shown to be toxic to cancer cells including breast, prostate, colorectal, lung, prostate and pancreatic cancer
- Also contain antioxidants lutein and zeaxanthin for eye health
- Good source of potassium for healthy blood pressure
- Provide calcium, magnesium, zinc, copper and selenium for healthy bone density
- Add raw or cooked to fresh greens, potato salad, in hummus or salsa, on sandwiches, in soups, stews, or to make pickles or jelly



Brought to you by the Coos County Food and Nutrition Group, advanced Health and OSU Extension Family & Community Health.



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