Fresh Vegetable

RED BELL PEPPER



Ref: PEP-01

Italian name: Peperoni rossi

Weight order: 3 -4 kg

Description: These peppers are considered “fully ripened” or matured. They contain the same nutrients that are found in green peppers, however the content is higher since they have been allowed more time to bloom on the vine. Additionally, they contain lycopene, an antioxidant pigment that can help prevent certain types of cancer such as prostate and breast cancer. Other pigment related nutrients distinct to red bell peppers are lutein and zeaxanthin, which are known to aid in the prevention macular degeneration and cataracts.

Season: from June to September

Serving suggestion: The red bell pepper is the most famous of peppers, unlike the others (yellow and green) is the most flavourful of all, sweet, crunchy, ideal for all uses in the kitchen from traditional dishes to elaborate.

It goes perfectly stuffed, baked, grilled, vegetables, seasonings, but also eaten fresh in salads.

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