Fresh Vegetable

YELLOW BELL PEPPER



Ref: PEP-02

Italian name: Peperoni gialli

Weight order: 3-4 kg

Description: These peppers fall in between green and red bell peppers on the “ripeness” spectrum. They contain the same types of nutrients (potassium, important for regulating blood pressure, promoting muscle contraction and regular heartbeats - vitamin C, helps assist in tissue growth and repair, aids in the prevention of cancer, guards against infection and strengthens immunity - vitamin A, supports the immune system, enhances lung function and can improve eyesight) of green and red peppers but in different quantities. Yellow peppers have larger amounts of that which is found in green peppers because they are more mature, however they have less than red peppers since red peppers are fully developed.

Season: from June to September

Serving suggestion: The yellow bell pepper goes perfectly with the tomato, in fish, in the preparation of oriental sauces, stuffing, and of course the grill. Unlike other peppers (green and red) has a thinner skin and less dolce. The taste is perfect for composing sweet and sour.

ELLERMANN TRADING LIMITED
http://www.ellermann.hk info@ellermann.hk Tel +852 3187 7488 Fax +852 3421 2262
603 Shun Kwong Commercial Building, 8 Des Voeux Road West, Sheung Wan, Hong Kong