

Try Me! Spices:

Hot!

Hot peppers contain the active ingredient capsaicin, which makes them spicy. The higher concentration of capsaicin, the higher the pepper ranks on the Scoville heat scale. The scale starts at a 0 and goes up to 2,000,000.

Capsaicin is thought to be an anti-inflammatory, a digestive aid, and good for the heart.

These peppers are often used in Mexican dishes.

Cooking the pepper may tame the spiciness.

Habanero Chili Pepper

- This is the HOTTEST edible chili pepper.
- There are 18 different varieties of habanero chili peppers.
- The color does not indicate heat, however, the hottest one is the red savina pepper that is a deep red.
- You can reduce the heat of the pepper by removing the seeds and the inside of the pepper.

Cayenne Pepper

- For true spiciness it is best to buy the whole pod, as the powder is less spicy.
- Has been used topically to relieve arthritis and joint pain.
- Cayenne pepper contains iron, copper, zinc, potassium, manganese, magnesium and selenium.
- It is a good source of Vitamin A, C and E.
- One tablespoon of cayenne pepper powder has 17 calories, and less than one gram of fat and protein.

Scoville Heat Scale

15,000,000 Pure Capasaicin
100,000-350,000 Habanero Chile
100,000 - 200,000 Jamaican Hot Pepper
30,000-50,000 Cayenne Pepper
2,500-8,000 Jalapeno Pepper
7,000-8,000 Tabasco Sauce Habanero
1,000-1,5000 Ancho Pepper
0 Bell Pepper

Jalepeño Pepper

- Consumed while still green, if left to mature, it will turn red.
- The inner white membrane of the pepper holds the most amount of capsaicin.
- One pepper has 26 calories, and less than one gram of protein and fat.
- Rich with vitamin C. One pepper has as much as 18 percent the daily allowance for vitamin C for men and 23 percent for women.
- Jalapeño chillies characteristically contains more pyridoxine, vitamin E, vitamin K than other varieties of peppers.

Ancho Pepper

- Ancho pepper is the dried version of a poblano pepper (a small green pepper).
- Ancho peppers are deep red and wrinkly.
- Their flavor is sweet, mildly hot, and resemble that of a raisin.
- One pepper contains 48 calories, 2 grams of protein, 1.4 grams of fat and is a good source of Vitamin A and B-6.

