



Pilli Mirchi (Yellow Pepper)



Yellow peppers build the body's immunity and keep diseases such as cancer and diabetes at bay. Read on to know some other health benefits of yellow peppers, followed by two easy methods to make yellow pepper recipes.

Half yellow pepper

Bell peppers, a cultivator group belonging to the species *Capsicum annum*, is produced in a variety of colors such as red, yellow, green, orange white, purple and rainbow. The color of the peppers depends upon a number of factors such as the time of harvesting, the growing conditions and the cultivator who is growing them. Yellow peppers, which are not as ripened as the red ones, neither are they under ripened as the green peppers, are very high in nutrients. Some of the important yellow pepper nutrients are bioflavonoids, beta-carotene, potassium, vitamin B6 and vitamin C. Yellow peppers are rich in nutrients, yet very low in calories. Per hundred gram yellow pepper calories are only twenty six. Below are the benefits of yellow peppers for the body, followed by two very delicious and healthy yellow pepper recipes.

Yellow Peppers Health Benefits

- * Yellow peppers are rich in fiber. They help in lowering the cholesterol as well as minimizing the risk of colon cancer.
- * Being a good source of vitamin B6 and folic acid, they help in protecting blood vessels from getting damaged.
- * As yellow peppers are rich in vitamin C, they help in developing the body's immunity, thus protecting it against diabetes, heart disease, arthritis and a host of other ailments.
- * Yellow peppers are very low in calories, making them an ideal food to be included in the diet of people who are trying to lose weight.
- * Yellow peppers are high in vitamin C and bioflavonoids. They also contain beta-carotene, vitamin B6, and potassium. They contain powerful antioxidant properties. This means they protect against cancer and heart disease.



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