



Did you know...

## Dried Mexican Chiles Health Facts

- A teaspoon of red chile meets the recommended daily allowance for vitamin A
- Chile peppers are rich in vitamins E and B complex and a good source of iron, magnesium, potassium, as well as antioxidants
- One green chile pod has as much vitamin C as six oranges
- Chiles burn calories by triggering a thermodynamic burn, which speeds up the metabolism
- Chiles increase the enzymes responsible for fat metabolism in the liver
- Chiles decrease cholesterol absorption, so more is expelled from the body
- Anti-inflammatory effects of chiles benefit people with arthritis
- Capsaicin is an anticoagulant and may aid in preventing a heart attack or stroke