

## CHILI PEPPER GUIDE



Mild



**SHISHITO PEPPER**

SHU\*: 50–200



**PIMIENTO (OR PIMENTO)**

SHU: 100–500



**BANANA PEPPER**

SHU: 0–500



**POBLANO PEPPER**

SHU: 1000–2000



Medium



**JALAPENO PEPPER**

SHU: 2,500–8,000



**CHIPOTLE PEPPER**

SHU: 2,500–8,000



**SERRANO PEPPER**

SHU: 10,000–23,000



**CAYENNE PEPPER**

SHU: 30,000–50,000



Hot



**THAI CHILI**

SHU: 50,000–100,000



**SCOTCH BONNET**

SHU: 100,000–350,000



**HABANERO PEPPER**

SHU: 100,000–350,000

# Peppers Nutrition Guide

**L Darling-Hammond**



## Peppers Nutrition Guide:

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