

Jalapeno Peppers

Selection:

Choose jalapenos that are firm and smooth. For hotter peppers, choose jalapenos that have “stretch marks.”

Storage:

Wrap unwashed jalapenos in a paper towel then place in a plastic bag and refrigerate for up to 10 days.

Refrigerator: Up to 10 days

Use:

Rinse jalapenos thoroughly before preparing. Wear gloves while cutting or slicing jalapenos and do not touch your eyes. Cut off the stem. Jalapenos can be cooked whole or cut.



Digital Scale:

The number on the screen = Total Weight



Hanging Scale:

The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the amount of jalapenos you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

$$\text{Total Weight (lbs)} \times \text{Price} = \text{Cost of Jalapenos}$$

Use this table to find the total cost.

Example: What is the total cost for 1 lb of Jalapenos at \$1.19 per lb? **1 lb x \$1.19 = \$1.19**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

Nutrition:

1 cup sliced Jalapenos

Nutrition Facts	
Serving Size 1 cup sliced (90g)	
Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 15%	Vitamin C 70%
Calcium 0%	Iron 4%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for 1 cup of sliced jalapenos.

Recipe:

Papaya and Black Bean Salsa

Preparation Time: 30 minutes

Serves 8

Cups of Vegetables per Serving: 1/2

Ingredients:

- 1 medium papaya, diced
- 1 cup black beans, rinsed and drained
- 2 small red peppers, diced
- 1 red onion, diced
- 2 jalapenos, minced
- 3 tablespoons chopped cilantro
- 2 teaspoons dried Mexican oregano
- 3 tablespoons minced fresh ginger
- 2 limes, juiced
- 1 teaspoon ground black pepper
- 1½ teaspoons kosher salt
- 2 tablespoons orange juice

Preparation:

- 1.) In a large bowl, combine all ingredients and adjust seasoning to desired spiciness.
- 2.) Cover and refrigerate.
- 3.) Serve with grilled fish, shrimp, chicken, or tortilla chips.



Nutrition Information per Serving:

Calories 76, Total Fat 3 g, Saturated Fat 0.4 g, Cholesterol 0 mg, Sodium 428 mg, Carbohydrates 12 g, Dietary Fiber 3 g, Protein 2 g.