



Ají Amarillo

This variety of chili is essential in Peruvian cuisine. The ají amarillo is grown on the coast, in the highlands, and in the Amazon region, up to about 1500 meters above sea level, in warm climates with temperatures between 16 and 24°C. It is usually orange in color, although it can vary in shade in some cases; its seeds are creamy or whitish in color. The ají amarillo is used as a seasoning for its spicy flavor, as a vegetable in salads, and as a base for the preparation of various Peruvian dishes such as: ají de gallina,

papa a la huancaína, salsa de ocopa, cauche de queso, escabeche, and more.

It provides a good amount of flavonoids and phenolic compounds, which have anti-inflammatory properties. It contains antifungal substances in its seeds. It also provides a significant amount of powerful antioxidants, which reduce oxidative stress, one of the main causes of cancer.

The high amount of vitamin A it provides is beneficial for skin care, as this vitamin helps constantly renew tissues, not only of the skin but also of internal tissues. It is also a good source of antioxidants that help prevent premature skin aging.

Ají amarillo helps metabolize fats more quickly, increases energy expenditure, and reduces appetite. It helps lower levels of bad cholesterol (LDL) by increasing the excretion of bile acids, which makes LDL metabolize more efficiently.

