



Ají Panca (*Capsicum chinense*)

Despite its scientific name, the origin of this type of chili is South American. The ají panca, also known as "ají colorado," is a large dried chili from Peru. Once ripe, its color changes from dark red to chocolate brown. It is carefully dried in the sun and then processed. It has a mild spiciness, making it the ideal seasoning in Peruvian cuisine.

Ají panca contains high doses of beta-carotenes and vitamin C. Beta-carotenes are known for providing excellent amounts of vitamin A, in addition to

having antioxidant properties that help counteract free radicals, which prevents aging and various types of cancer, such as breast, stomach, prostate, and others.

It contains various nutrients essential for the proper functioning of our organs, such as niacin, riboflavin, magnesium, potassium, iron, and thiamine.

It provides bioflavonoids, elements that are crucial for cellular growth and reproduction, contributing particularly to the health of organs and blood vessels.