





Capsicum

Cayenne pepper (*Capsicum annuum*) belongs to the **Solanaceae family**, linked to rare allergic reactions (e.g., urticaria, asthma) due to proteins like **Cap a 1**. Cross-reactivity with other peppers (e.g., bell peppers) possible.

Nutrients

Recipe preparation steps

-  Oral Allergy Syndrome (OAS), Skin Reactions, Digestive Issues, Respiratory Symptoms, Anaphylaxis (Rare)
-  Avoidance, Antihistamines, Topical Creams, Epinephrine Auto-Injector, Allergy Testing, Dietary adjustments

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