

# Scoville Heat Scale for Peppers\*

## How much heat can you handle?

**E  
X  
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R  
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M  
E**

**15,000,000- 16,000,000 - Pure Capsaicin** (*Capsaicinoids is the chemical that makes chile peppers hot*)

**5,300,000 - Police Grade Pepper Spray**

**2,890,000 - 3,000,000 - HP56 (Death Strain)** *An experimental pepper still being perfected.*

**1,569,300 - 2,200,000 - Carolina Reaper**

**2,000,000 - Common Pepper Spray**

**580,198 - 2,009,231 - Trinidad Moruga Scorpion**

**923,889 - 1,853,396 - 7 Pot Douglah (Chocolate 7 Pot)**

**855,000 - 1,041,427 - Bhut Jolokia (Ghost Chile Pepper)**

**350,000 - 577,000 - Red Savina Habanero**

**200,000 - 385,000 - Chocolate Habanero**

**150,000 - 325,000 - Scotch Bonnet**

**50,000 - 100,000 - Thai Pepper**

**H  
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T**

**30,000 - 50,000 - Tabasco & Cayenne**

**30,000 - Caballero**

**8,000 - 22,000 - Serrano**

**15,000 - Yellow Wax**

**2,500 - 8,000 - Jalapeno**

**3,000 - Italian Sweet Pepper**

**1,000 - 2,000 - Poblano**

**100 - 1,000 - Cubanelle**

**900 - Banana**

**M  
I  
L  
D**

**500 - 700 - El-Paso**

**100 - 500 - Pepperoncini**

**0 - 500 - Cherry**

**0 - Pimento**

**0 - Sweet Bell Pepper**



Peppers are measured according to the “Scoville Heat Index” and reported in Scoville heat units (SHU). The Scoville Unit was named after Wilbur Scoville who in 1912 developed a test called the “Scoville Organoleptic Test” to measure a pepper’s heat.



Peppers were ground up and mixed with sugar water. They were tested by humans who tasted the sugar-water-pepper solutions. Scoville diluted the solutions until they no longer burned the tongues of the tasters to get a numerical heat unit. A rating of 1,000 SHU means it takes 1,000 cups of water to dilute 1 cup of a particular pepper solution.

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\* SHU ratings are not a perfect science, for pungency values vary due to expected variation within a pepper species, growing climate, etc. Ratings have been collected from various sources & charts on the web including from [pepperheadsforlife.com](http://pepperheadsforlife.com) & [scufoods.com](http://scufoods.com)