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Ingles 1

Tapachula, Chiapas

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TRADITIONAL MEXICAN DISHES

MOLE

Created in Puebla, Mexico in 1681. Its ingredients and preparation include ancho chili, chocolate, lard, pasilla chili, chicken broth and in terms of energy content, it provides 571 kcal per 100gr



POZOLE

Originally from Jalisco, Mexico, it contains water, onion, garlic, hominy, pork ribs and guajillo chili. Regarding its energy value, it contains 240 kcal per 300ml

CHILE EN NOGADA

dish originally from Puebla, Mexico, its main ingredients are poblano chili, ground beef, onion, apple, peaches and raisins. Its energy value is 763 kcal



BARBACOA

Barbecue is a dish originally from Hidalgo, Mexico whose main ingredients are sheep or beef, wrapped in maguey leaves, bay leaves and salt. Its nutritional value is 217 kcal per taco.

TACOS

Tacos can vary a lot in terms of the content they have inside, but what remains present in all their presentations are the tortillas. It is a dish originally from Mexico although it is not known in specific place where it was created. And they nutritional value is about 226 kcal pero taco



TLAYUDAS



TLAYUDAS

Yo is a dish originally from Oaxaca whose main ingredients are the tortilla, Oaxaca cheese, chorizo, ground beef, cabbage. etc

Web grafia

<https://www.unileverfoodsolutions.com.mx/tendencias/de-mexico-para-el-mundo/platillos-mexicanos/top10-platillos.html>

<https://laroussecocina.mx/receta/mole-poblano-2/>

<https://www.recetasnestle.com.mx/recetas/pozole-rojo-cerdo>

[https://es.m.wikipedia.org/wiki/Barbacoa_\(M%C3%A9xico\)](https://es.m.wikipedia.org/wiki/Barbacoa_(M%C3%A9xico))