



INFOGRAFÍA “Traditional Mexican dishes”.

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INGLES I

Tapachula, Chiapas

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Traditional Mexican dishes



1. TLAYUDAS

Tlayudas, large corn tortillas, are one of Oaxaca's most popular dishes, prepared with lettuce, tomato, refried beans, avocado, cheese, guacamole and chili sauce, adding to the taste. 1 serving (310 g) . 670 kcal, 37.5 g Fat, 54.1 g Carbohydrates and 33.4 g Protein.



2. TACOS

The taco is a variety of foods and cultures of Mexico, including pastor, carnitas, longaniza, cochinita, barbacoa, birria, chicken, chile, nopal con queso, chapulines, avocado, among others. Cals 568, Prot 31,77g, Grasa 31,61g, Carbh 41,11g. There are 568 calories in Taco



3. TAMALES

Tamales, Mexican traditional plates dating back to Aztec times, are primarily made from corn masa with a sweet or sour relleno, cooked in vapor or plátano pots.

Cals 141, Grasa 8,06g, Carbh 11,07g, Prot 6,13g. There are 141 calories in Tamal de Carne



4. CHILAQUILES

Chilaquiles are a popular Mexican and US dish made from fried tortilla strips, topped with chile salsa, meat, and optional vegetables, known as "chil-a-quilitl". Carbh 31,88g, Grasa 32,02g, Cals 443, Prot 9,74g, There are 443 calories in Chilaquiles



5. AGUACHILE

Aguachile is a typical dish from the west coast of Mexico, originating in the mountainous region of Sinaloa. It is prepared with meat mashed in water, chiltepin chiles and shrimp.

Cals 107, Grasa 4,84g, Carbh 3,52g, Prot 12,29g. There are 107 calories in Aguachile.



Bibliografía

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