



TRADITIONAL DISHES OF MEXICO

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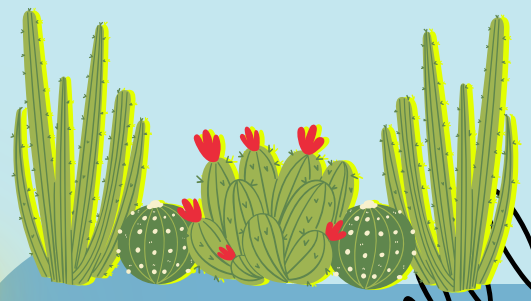
Licenciatura en Nutrición

Ingles

Tapachula, Chiapas

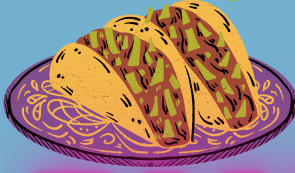
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TACOS

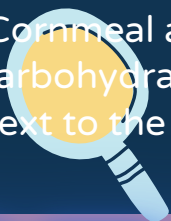
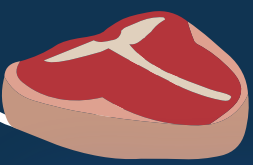
- Tacos are Mexico's national dish.
- Flat tortillas baked on the griddle and topped with numerous fillings, you eat the classic carne asada, meat thinly sliced and grilled with salsa, onion, guacamole.
- They meet the characteristics of the plate of good eating: cereal (tortilla), food of animal origin, legumes and vegetables.



TAMALES



- Tamale is a Mexican dish that dates back to the Aztecs. It consists of a corn dough with a filling that can be salty or sweet, steamed and wrapped in corn husks, leaves or banana leaves.
- Its filling can be meat, vegetables, fruits, sauces and even insects
- Cornmeal and lard make the tamale a good source of carbohydrates and fat, as well as fiber, starch, and sugars. next to the meat filling, a source of protein



BARBACOA

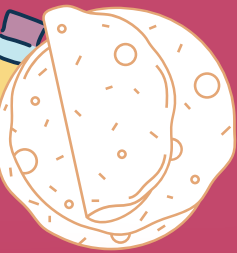
- It is a meat, usually lamb, that is steamed and gives a result of a smooth consistency and full of flavor.
- The preparation is based on meat and many spices, such as pepper, salt, guajillo pepper, garlic, pasilla pepper, tomatoes and onion. In order for it to be sewn in a hole that they make in the ground, you need maguey eyelets to cover it.
- High Quality Protein, Potassium, Vitamin B-12, Iron, Magnesium, Selenium, Omega-3 Fatty Acids



ENCHILADAS

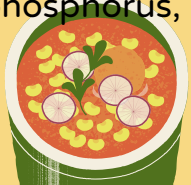


- Enchiladas are one of the most representative dishes of Mexico.
- Consist of a tortilla that is usually dipped in a chili-based sauce, and then filled with various ingredients, such as cheese, meat, or fish. It's then rolled, baked, and topped with sauces, onions, and more cheese
- tortillas have a good source of calcium, potassium, fiber, iron, and B vitamins, along with chicken or beef protein



POZOLE

- Pozole is a one-dish, soupy, aromatic stew from Mexico.
- Other ingredients in the dish are a variety of herbs, spices, and meat, such as pork, chicken, or seafood, depending on the region. Something that characterizes it a lot is the radish, corn kernels and lettuce
- It provides high amounts of protein, vitamin B6 and B12, thiamine. It contains minerals such as iron, zinc, phosphorus, magnesium and potassium.



LINKOGRAFIA

- <https://espaciomex.com/gastronomia/el-pozole-mexicano-y-su-valor-nutricional/>
- <https://www.bing.com/search?q=valor+nutrimental+de+las+enchiladas&qsc=SC&pq=valos+nutrimental+de+las+enc&sc=6-28&cvid=7F9BABD640224DCEB713342AC0871196&FORM=QBRE&sp=1&ghc=1&lq=0>
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