



# **INFOGRAFÍA “PLATILLOS TRADICIONALES DE MÉXICO”**

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# MEXICAN KITCHEN



## TAMAL

It originated in Mexico and is made from corn, stuffed with various ingredients, cooked in milpa leaves, does not provide many nutrients and is high in calories



## POZOLE

Traditional Mexican broth based on corn kernels and added meats, vegetables, spices, provides proteins and carbohydrates and vitamins



## TACO

It originates in Mexico, its main ingredient is the corn tortilla, stuffed with meats and vegetables, hot sauces and spices are added, it provides proteins, carbohydrates but is high in fat and provides many calories



## POZOL

Originally from Chiapas, it is a thick drink based on cocoa and corn, it is rich in carbohydrates.



## ROAST PIGLET

A regional dish par excellence in Chiapas, it is the mixture of pork, ancho chiles and spices, providing quality proteins, fats and vitamins

<https://www.gob.mx/agricultura/articulos/tamales-una-historia-de-sabor>

<https://es.wikipedia.org/wiki/Pozole>

<https://www.gob.mx/agricultura/es/articulos/el-taco-tradicion-y-cultura-que-alimenta-a-mexico>

<https://es.wikipedia.org/wiki/Pozol>

[https://www.bing.com/search?q=cochinito+al+horno&cvid=dbb670ef6bc7416c998e65c651f61a56&gs\\_lcrp=EgZjaHJvbWUyBggAEEUYOTIGCAEQABhAMgYIAhAAGEAyBggDEAAYQDIGCAQQABhAMgYIBRAAGEAyBggGEAAYQDIGCAcQABhAMgYICBAAGEDSAQgzNTgzajBqNKgCALACAA&FORM=ANAB01&PC=U531](https://www.bing.com/search?q=cochinito+al+horno&cvid=dbb670ef6bc7416c998e65c651f61a56&gs_lcrp=EgZjaHJvbWUyBggAEEUYOTIGCAEQABhAMgYIAhAAGEAyBggDEAAYQDIGCAQQABhAMgYIBRAAGEAyBggGEAAYQDIGCAcQABhAMgYICBAAGEDSAQgzNTgzajBqNKgCALACAA&FORM=ANAB01&PC=U531)

