



PLATLLOS TRADICIONALES DE MEXICO

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Ingles

Tapachula, Chiapas

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TRADITIONAL MEXICAN DISHES

2. MOLE

Name: Mole.
Place of origin: Oaxaca.
Ingredients: Tomatoes, Onion, Guajillo Chiles, Cumin, Ground Cinnamon, Caramelized Walnut, Prunes, Water, Chicken Stock, Chocolate Bars, Cooked Chicken Pieces.
Nutritional value: Per 100 grams
Calories: 571 🔥
Fats: 42 g 🥑
Carbohydrates: 42 g 🍌
Proteins: 7 g 🍖



2. POZOLE

Name: Pozole.
Place of origin: Jalisco.
Ingredients: water, onion, garlic salt hominy, pork ribs, pork pulp, bay leaf, guajillo chiles, ancho chile, onion, garlic, cumin, ground black pepper, oregano, chili, onion, lettuce, radishes.
Nutritional value: Per one serving
Calories: 502 🔥
Fats: 25 g 🥑
Carbohydrates: 34 g 🍌
Proteins: 37 g 🍖



3. COCHINITA PIBIL

Name: Hanal Pixán
Place of origin: Yucatan
Ingredients: annatto, sour orange juice, ground black pepper, cinnamon, water, ground cumin, cloves, salt, lard, roasted banana leaves, pork loin, habanero chilies, red onion, sour orange juice, salt, ground dried oregano.
Nutritional value: Per serving
Calories: 226 🔥
Fat: 9.4 g 🥑
Carbohydrates: 7.2 g 🍌
Protein: 27.1 g 🍖



4. CHILES EN NOGADA

Name: Chiles en nogada
Place of origin: Puebla
Ingredients: lard, onion, garlic, ground beef, salt, ground black pepper, tomatoes, ground cinnamon, nutmeg, cumin, cloves, apple, pear, peaches, fried banana, almonds, raisins, poblano chiles, cream cheese, goat cheese, walnuts, sugar, sour cream, milk, ground cinnamon, salt, pomegranate, parsley leaves.
Nutritional value: per serving
Calories: 575.7 🔥
Fat: 36.7 g 🥑
Carbohydrates: 43.1 g 🍌
Protein: 25.2 g 🍖



5. BARBACOA

Name: Barbecue
Place of origin: Hidalgo
Ingredients: guajillo chiles, ancho chiles, water, apple cider vinegar, tomato, onion, garlic, oregano, ground cinnamon, allspice, ground black pepper, whole cloves, salt, vegetable oil, 2 kilos of beef, banana leaves.
Nutritional value: Per serving
Calories: 523 🔥
Fat: 31.6 g 🥑
Carbohydrates: 18 g 🍌
Proteins: 41 g 🍖



Linkografía

<https://www.recetasnestle.com.mx/recetas/receta-chile-nogada>

<https://www.recetasnestle.com.mx/recetas/mole-dulce>

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

<https://www.recetasnestle.com.mx/recetas/cochinita-pibil>

<https://www.mamalatinatips.com/2015/07/barbacoa-de-res-en-olla-de-presion.html>

<https://es.wikipedia.org/wiki/Wikipedia:Portada>