



UDS

Mi Universidad

INFOGRAFIA UNIDAD A

Mendoza Chitel Angel Joel

Universidad del Sur

Lic. en Nutrición

1er. Cuatrimestre

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Tapachula, Chiapas a 30 de Noviembre del 2024

MEXICAN

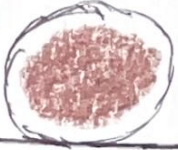
DISHES

Mass

Origin: Oaxaca and Puebla

Ingredients: Chilies, spices, chocolate, fruits

Nutritional Values: rich in antioxidants and fiber



Chilies in nogada

Origin: Originally from Puebla

Ingredients: Poblano peppers, picadillo, nogada, pomegranate

Nutritional Values: Rich in antioxidants, fiber and U.



Stew

Origin: From the warrior region

Ingredients: Corn, pork or chicken, onion, garlic

Nutritional Values: Rich in protein, fiber and vitamins



Barbecue

Origin: Originally from the region of Toluca.

Ingredients: Lamb or beef, onion, garlic, chilies.

Nutritional Values: Rich in proteins & healthy fats



Cochinita Pibil

Origin: Originally from Yucatan

Ingredients: Pork, achiote, onion, garlic.

Nutritional Values: Rich in proteins, healthy fats and antioxidants.



Carnitas

Origin: Originally from Michoacán

Ingredients: Pork, onion, garlic, chilies

Nutritional Values: Rich in proteins, healthy fats.



Fish to Size

Origin: From Guerrero

Ingredients: fish, chilies, spices, onion, garlic.

Nutritional Values: Rich in Protein, omega-3



Tlayudas

Origin: From Oaxaca

Ingredients: Corn, beans, cheese, meat, onion, garlic.

Nutritional values: Rich in fiber

Protein.



Stuffed chili peppers

Origin: From Puebla

Ingredients: poblano peppers, cheese or meat, tomato, onion.

Nutritional Values: Rich in antioxidants, fiber and U.



Tacos al Pastor

Origin: From Mexico City

Ingredients: Pork, chilies, spices, pineapple.

Nutritional Values: Rich in protein healthy fats



BIBLIOGRAFIA

- 1- "La Cocina mexicana" de Diana Kennedy. Editorial: Penguin Random House. Año: 2013.
- 2- La Cocina Tradicional mexicana de Margarita Carrillo Arontr. Editorial: Grupo Editorial Mexico. Año 2014