

Universidad del sureste

Melannie Valeria Arqueta cruz.

Lic. Nutrición

1er. Cuatrimestre

4to. Parcial

Inglés

Traditional mexican dishes

Ing. Eduardo Enrique Arreola Jimenez.

TRADITIONAL MEXICAN DISHES



Chipilin tamales, Tabasco Origin, chipilin corn dough wrapped in banana leaf, contains vitamins and minerals.

Chilaquiles are a Mexican dish, they are fried tortillas with tomato sauce, chicken, and fried eggs, they provide us with fats and protein.



Chicken dinner Mexican dish, it is fried chicken with potatoes, tomato and onion, it provides us with fats and proteins.

Chiles en nogada are a Mexican dish of Puebla Origin, it is chili stuffed with beef with fruits, bathed in "nogada" sauce, it provides us with fast and proteins.



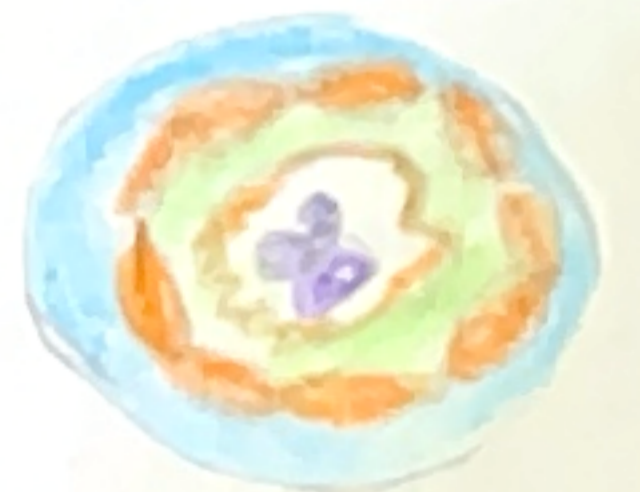
Mole is a Mexican dish of Oaxacan Origin, it is chicken bathed in a mixture of chili peppers, spices and chocolate. It gives us fats, proteins.

Cochinita pibil is a Mexican dish of Yucatecan origin, it is meat marinated with achiote and sour orange juice, red onion, it provides us with fats, proteins and carbohydrates.



Barbecue is a Mexican dish of Hidalgo Origin, it is meat with broth made from spices and two types of chilies, it provides us with fast protein.

Aguaachile is a Mexican dish of Sinaloa origin, it is shrimp, onion and cucumber bathed in lemon juice, it provides us with fast and proteins.



Pozole is a Mexican dish of Tabasco origin, it is broth with beef, pork and chicken and corn, spices, it provides us with proteins and fats.

Tlayudas are a Mexican dish of Oaxacan origin, it is a giant tortilla filled with beef, cured meat, chorizo, cheese, avocado and black beans, it provides us with carbohydrates, fats and protein.



Referencias bibliográficas

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