

UDS

Universidad del
Sureste
Campus Tapachula.

Subject:
English I

Pupil:
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Semester
1^a

Race:
Bachelor's Degree in Nutrition

ING:
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Tapachula Chiapas, Mexico.

Traditional Mexican Dishes.

TACOS.

Tacos Generic Name:

Tacos has not other name than that

Local: There is not exact date of creation

Origin: In Pre-hispanic Mexico, corn tortillas were used as edible utensils to hold other foods.

Ingredients: Tacos al Pastor, carnitas, sausage Cochinito, barbacoa, tomatoes and onion.

Nutritional Value: Calories 226g, total fat 13g.

Chilaquiles.

Chilaquiles Generic Name:
From the Nahuatl "Chilaquili"

Local: Traditional Mexican food

Origin: Its origin dates back to the custom of the Indigenous and New Spanish people.

Ingredients: Tortilla chips, green sauce or red sauce chicken, cheese, cream, onion and cilantro

Nutritional Value: A 226g serving of chilaquile have 368 kcal, 21.9 Fat, 38.3 Carbohydrate.

MOLE.

Mole Generic Name:
molti or muli, which is a Nahuatl meaning "sauce"

Local: Emblematic dish of Mexican gastronomy

Origin: State of Oaxaca.

Ingredients: Chocolate or cocoa, tomato, garlic onion, almonds, raisins and spice, chili ancho, mulato

Nutritional Value: 450 Cal

Cochinita Pibil.

Cochinita Pibil Generic Name:
"Pib" or "pibil" means "buned" or cooked under the ground

Local: Typical Yucatan dish

Origin: Is originally from Yucatan

Ingredients: Orange juice, lemon juice, onion, tons Pans of cumin, oregano, cloves, black peppers.

Nutritional Value: 571 cal, 38.5g total fat.

Las Carnitas.

Generic Name:
Is called asado, roast, barbacoa or barbacoa.

Local: Several states of the republic

Origin: Chi huahua.
Ingredients: cuts of beef, cheese, coal, tomatoes, chive drinks or alcohol

Value: 241 cal, 36g Carbohydrate, 26g Protein

TAMALES.

Tamales Generic Name:
Tamal, which comes from Nahuatl word "tamali"

Local: Originated in Mesoamerica between 8000 and 5000 BC

Origin: Have their in Mesoamerica.

Ingredients: Made with a corn-based dough that is filled with various meats or beans and cheese

Nutritional Value: 240 Calories, 13.9g of Proteins, 59g Fat and 34g of Carbohydrates.

Chiles en Nogada.

Chiles en Nogada Generic Name:
Nogada, come from meaning "nut" and the suffix "ada" the contend base.

Local: Typical Mexican dish.

Origin: Created of Nuns of the Convent Santa Monica

Ingredients: Chilies, onion, garlic cloves, oil, strained tomato, almond, beef or pork claws and chicken

Nutritional Value: Calories 40, total fat .4g Saturated Fatty acids 0g, Sodium 9mg

Pozole.

Pozole Generic Name:
Pozoni, a Nahuatl verb meaning "to boil in the pot"

Local: Traditional dish of our country and made with different ingredients.

Origin: State of Jalisco.

Ingredients: Corn, lettuce, radish, onion, chili and oregano and others.

Nutritional Value: 240 Cal, 13.9 Proteins, 34 Carbohydrate

Barbacoa.

Barbacoa Generic Name:
meats cooked or roasted in a pit or earth oven.

Local: Typical Jalisco dish

Origin: State of Jalisco.

Ingredients: wrapped in maguey leaves, bay leaf and salt water, rice, onion, chicken pea, potato and others

Value: 212 Cal, 12 Fat, 1.2 Carbohydrate.

Tlayuda.

Generic Name:
"Tlayuda" or "clayuda" comes from Nahuatl

Local: From Oaxaca Mexico

Origin: Oaxaca.
Ingredients: Lettuce, tomato, avocado, refried beans cheese (or queso) chili sauce.

Value: 100g Cal, Fat 38g, Carbohydrate 36g.

Bibliography.

[https://www.worldpackers.com/es/articulos/platillos/tipico de Mexico](https://www.worldpackers.com/es/articulos/platillos/tipico-de-mexico)

<https://www.unileverfoodsolutions.com.mx>