



UDS

No. Universidad

ALUMNA:

Cesia Ovalle Méndez

MATERIA:

Inglés

Primer Cuatrimestre

ING:

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FECHA:

27-11-2024

1. TACOS AL PASTOR (Mexico City)

- Origin: Inspired by arabic and turkish cuisine.
- Ingredients: Pork Carnitas marinated in pineapple Juice, onion, garlic, Cilantro, guajillo, chili and corn tortillas.
- Nutritional values (Per 100g): 250 kcal, 15g Protein, 10g Fat, 20g Carbohydrates.

STUFFED CHILES (Puebla)

- Origin: Inspired by spanish and mesoamerican cuisine.
- Ingredients: Poblano Peppers stuffed with cheese, ground beef or vegetables, covered with tomato sauce and cream.
- Nutritional values (Per 100g): 200 kcal, 10g Protein, 15g Fat, 15g Carbohydrates.

GREEN ENCHILADAS (Mexico City)

- Origin: Inspired by pre-hispanic cuisine.
- Ingredients: Corn tortillas stuffed with chicken or cheese, covered with green sauce, cream and cheese.
- Nutritional values (Per 100g): 250 kcal, 15g Protein, 15g Fat, 20g Carbohydrates.

TAMALES (Pre-Hispanic Mexico)

- Origin: Inspired by mesoamerican cuisine.
- Ingredients: Corn dough, filled with meat, vegetables or fruit, wrapped in corn leaves.
- Nutritional values (Per 100g): 200 kcal, 10g Protein, 10g Fat, 30g Carbohydrates.

COCHINITA PIBIL (YUCATAN)

- Origin: Inspired by mayan cuisine.
- Ingredients: Pork marinated in orange juice and spices, wrapped in banana leaves.
- Nutritional values (Per 100g): 300 kcal, 25g Protein, 20g Fat, 10g Carbohydrates.

2 MOLE POBLANO (Puebla)

- Origin: Created in the 16th Century by the nuns of Puebla.
- Ingredients: Chocolate, sesame, almonds, raisins, ancho chili, mulato chili, onion, garlic, chicken or turkey.
- Nutritional values (Per 100g): 320 kcal, 20g Protein, 20g Fat, 25 Carbohydrates.

SOPE (Mexico City)

- Origin: Inspired by pre-hispanic cuisine.
- Ingredients: Thick corn tortillas, topped with refried beans, cheese, sour cream, onion, cilantro, and ground beef.
- Nutritional values (Per 100g): 220 kcal, 10g Protein, 10g Fat, 30g Carbohydrates.

CHILI CON CARNE (Northern Mexico)

- Origin: Inspired by tex-mex cuisine.
- Ingredients: Ground beef, red chili, onion, garlic, tomato, beans and spices.
- Nutritional values (Per 100g): 300 kcal, 20g Protein, 20g Fat, 20g Carbohydrates.

DOZOLE (Pre-hispanic Mexico)

- Origin: Inspired by mesoamerican cuisine.
- Ingredients: Corn soup, Pork or chicken, onion, garlic, cilantro and lemon.
- Nutritional values (Per 100g): 150 kcal, 10g Protein, 5g Fat, 25g Carbohydrates.

CHILAQUILES (Mexico City)

- Origin: Inspired by pre-hispanic cuisine.
- Ingredients: Fried corn tortillas, covered with red or green sauce, cream.



LINKS

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