

Sheet1

	What it contains	Origins
Pupusa	cheese, beans, pork,vegetables, & tortilla	El Salvador
Tacos	cheese, beans, pork,vegetables, & tortilla	Mexico
Nachos	cheese, beans,meat,vegetables, & tortilla	Mexico
Empanadas	seafood,meat, cheese, vegetables,bread	Spain
Quesadilla	cheese	Mexico
Quesadilla	cheese,beans,chicken, pork, & tortilla	El Salvador
Atole de Elote	corn, milk, sugar	El Salvador
Soupa de Res	vegetables, meat, water	Mexico
Sopa de Marisco	seafood, vegetable,water	Mexico
Tamales	Pork, chicken, banana leaves, water, vegetables, flours	Mexico
Horchata	water,milk, cinnamon, sugar, long-grain white rice	Nicaragua
Frijoles	Beans	Mexico
Chicharron y Yuca	Pork & vegetables	Nicaragua
Flan	eggs,milk,sugar, vanilla extract	Rome-Spain
Carne Asada Plato	steak, rice, beans, vegetable, tortilla	Latin America
Tamal de Elote	corn,flours, water, butter	Latin America
Tres Leches	flour, butter, egg, milk, sugar	Latin America
Mangu	plantain, vegetables, water	The Dominican Republic
Burrito	cheese, beans, meat,vegetables, & tortilla	Mexico
Curtido	carrot, cabbage, vinegar, water	El Salvador
Kolachampan	water food dye, acids	El Salvador
Rellenitos Colocha	plantain, beans, sugar, cream, butter	Guatemala
Jocon De Pollo	Chicken, water,seeds,tortilla,vegetable	Guatemala
Plato Tipico	steak,pork,rice,plantain,vegetable,beans, tortilla	Honduras
churros	flour,sugar,cinnamon,water	Spain
alcapuria	banana, ground beef, tarro root	Puerto Rico
huevos rancheros	eggs, tortilla, vegetables, beans	Mexico
pinchos	Meat, hot sauce, vinegar, vegetable	Spain
ropa vieja	Meat, vegetable,oil, vinegar	Cuban
sancocho	meat, chicken, vegetable, orange juice	The Dominican Republic
pastelon de amarillo	beef, vegetable,egg, plantain	Puerto Rico
serenata de viandas	taro root,plantain, vegetables,egg, fish	Puerto Rico
arroz guisado	rice, water, vegetable	Puerto Rico
tostones	plantain, oil	Puerto Rico
asopao	rice,water, meat, chicken, vegetable, seafood	Puerto Rico
pernil asado	vegetable,pork, sofrito, vinegar	Puerto Rico
arroz con pollo	Chicken,rice, vegetable	Spain
picadillo	Meat, vegetable,oil, vinegar	Spain
bacalaito	seafood,flour	Latin America
tembleque	coconut milk, sugar, cinnamon	Puerto Rico
mofongo	plantain, pork, vegetable	Puerto Rico
arroz mamposteo	rice, bacon, vegetable. Beans	Puerto Rico
totopos	tortilla,oil	Mexico
baleadas	tortilla, beans, cheese	Honduras
pozole	vegetable,herbs, pork, water	Mexico
cuajito	water, chicken, vegetable	Puerto Rico
ceviche	vegetable,scallops, cilantro	Mexico
corona	grain, acid	German
pastel de platano	ground beef, vegetable, water, plantain, cheese, butter	The Dominican Republic
plantain con crema	plantain, cream	The Dominican Republic

Sheet1

pastel de yuca	yuca,butter,milk, vegetables,	Puerto Rico
arroz con camarones	rice, vegetable, shrimp	Latin America
panes con gallina	bread, chicken, vegetable	El Salvador
paella	chicken, meat, vegetable, rice,water, seafood	Spain
mojarra frita	fish, rice, fries, salad	Mexico
pasteles	flour vegetable chicken or meat	El Salvador
bunuelos	fried dough sugar	Spain
yaniqueque	fried dough sugar	The Dominican Republic
bofe	cow tongue	Columbian
sorullos	water, sugar, butter, cornmeal,oil	Puerto Rico
chimichurri	vinegar,vegetable, ollive oil	Argentina
longaniza	pork chop,salt,orange juice bitter, vegetable, oil	The Dominican Republic
arroz con leches	rice water milk	Scandinavian
arepa	flour, water, salt,oil	Columbian & Venezuela
casabe	casabe plant,	The Dominican Republic
cocada	eggs, coconut, sugar, milk, fruit syrup	Mexico
quipe	whole grain, water, ground beef, vegetables, salt, raisn	The Dominican Republic
Habichuelas guisadas	tomato, beans, water, oil	Puerto Rico
vacca frita	steak, beans, rice, onion	Cuban
conconete	Coconut , flour, sugar, cinnamon, water	The Dominican Republic
chilaquiles	tortilla, chicken, cheese, beans, salsa	Mexico
los tres golpes	eggs, plantain, salami, sausage, cheese	The Dominican Republic
La bandeja paisa	beans, plantain, carrot, pork, tomato, rice	Columbian
chicha	corn, water, sugar, ginger, lime	El Salvador
rellena (morcilla)	pork, water, vegetable, flour	Columbian
Arroz con gandules	rice, ham, pigeon peas	Puerto Rico
ensalada de papa	potatoes, eggs, onion, beets, green pea, mayonnaise	The Dominican Republic
pasteles	green banana, plantain, taro root, potato, pork	Puerto Rico
pastelon	ground beef,pasta, plantain, cheese, onion,	Italian to Puerto Rico, The
pollo guisado	chicken, water, vegetable	The Dominican Republic
Tarta de Santiago	almond, egg, sugar, orange, lemon, sugar	Spain
Tortilla y queso	flour, water, cheese	El Salvador
torrijas	bread, honey, milk, spice, egg	Spain
crema catalana	milk, lemon, egg, cinnamon, sugar, cornstarch	Spain
miguelitos	egg, pastry puff, sugar, honey, flour, milk, cinnamon	Spain
sopa de frijoles	refried beans, water garlic, onion	El Salvador
croquettes	potatoes, gorund meat or fish, cheese, vegetables	French
salmorejo	tomatoes, white bread, garlic, oil	Spain
pisto	tomatoes, onion, eggplant, pepper	Spain
sangria	red wine, fruit, brandy	Spain
queimada	wine, coffee, sugar, lemon, cinnamon	Spain
kalimotxo	wine,soda	Cuban
baleadas	tortilla, beans	Honduras
Bionico	fruit,sour cream, milk, coconut, granola	Mexico
limbe	milk, walk, sugar, cinnamon	Puerto Rico
anafres	black beans, oil, cheese, tortilla, jalapeno	Honduras
guaro	alcohol, sugar	Latin America
elotes	corn on the cob, salt, butter, chili powder	Mexico
guacamole	avocado, cilantro, lime juice, salt, vegetables	Mexico
gallo pinto	black beans, white rice, egg, tortilla	Nicaragua, Costa Rica

Sheet1

National Dish	Nutritious	What is it	Rating tastes wise
El Salvador	200-300	Main Dish	5 stars
No	100-200	Main Dish	4 Stars
No	400-500	Main Dish	3 Stars
No	300-400	Main Dish	4 Stars
No	500-600	Bread	3 Stars
No	300-400	Main Dish	5 stars
No	200-300	Drink	3 Stars
No	200-300	Soup	5 stars
No	300-400	Soup	3 Stars
No	200-300	Main Dish	5 stars
No	100-200	Drink	4 Stars
No	400-500	Side Dish	1 star
No	100-200	Snack	5 stars
No	200-300	Dessert	3 Stars
No	500-600	Main Dish	5 stars
No	200-300	Main Dish	2 Stars
No	200-300	Dessert	4 Stars
No	200-300	Side Dish	1 star
No	400-500	Main Dish	4 Stars
No	0-100	Main Dish	2 Stars
No	500-600	Drink	5 stars
Guatemala	100-200	Dessert	2 Stars
Guatemala	600-700	Main Dish	1 star
Honduras	900-1000	Main Dish	5 stars
No	200-300	Snack	3 Stars
No	200-300	Side Dish	2 Stars
No	500-600	Main Dish	4 Stars
No	230-300	Main Dish	2 Stars
No	200-300	Main Dish	4 Stars
The Dominican Republic	300-400	Soup	4 Stars
No	600-700	Main Dish	2 Stars
No	200-300	Main Dish	3 Stars
No	100-200	Side Dish	5 stars
No	0-100	Snack	3 Stars
No	100-200	Soup	4 Stars
No	200-300	Main Dish	5 stars
No	500-600	Main Dish	5 stars
No	400-500	Main Dish	3 Stars
No	100-200	Side Dish	2 Stars
No	300-400	Dessert	1 star
Puerto Rico	200-300	Side Dish	2 Stars
No	200-300	Side Dish	4 Stars
No	0-100	Snack	4 Stars
No	300-400	Snack	2 Stars
No	200-300	Side Dish	3 Stars
No	500-600	Side Dish	4 Stars
No	200-300	Main Dish	1 star
No	100-200	Drink	1 star
No	300-400	Main Dish	2 Stars
No	100-200	Main Dish	2 Stars

Sheet1

No	300-400	Main Dish	2 Stars
No	900-1000	Main Dish	1 star
No	300-400	Main Dish	5 stars
Spain	300-400	Main Dish	3 Stars
No	900-1000	Main Dish	3 Stars
No	300-400	Main Dish	4 Stars
No	300-400	Snack	5 stars
No	300-400	Dessert	5 stars
No	600-700	Main Dish	1 star
No	400-500	Snack	3 Stars
No	0-100	sauce	2 Stars
No	200-300	Side Dish	2 Stars
No	100-200	Snack	1 star
No	100-200	Side Dish	4 Stars
No	300-400	Side Dish	2 Stars
No	100-200	Snack	1 star
No	200-300	Main Dish	3 Stars
No	100-200	Side Dish	2 Stars
No	300-400	Main Dish	3 Stars
No	100-200	Dessert	1 star
No	400-500	Main Dish	4 Stars
No	200-300	Main Dish	2 Stars
Columbian	500-600	Main Dish	3 Stars
No	100-200	Dessert	1 star
No	400-500	Side Dish	1 star
Puerto Rico	900-1000	Side Dish	5 stars
No	900-1000	Side Dish	1 star
No	300-400	Main Dish	3 Stars
No	400-500	Main Dish	3 Stars
No	300-400	stew	5 stars
No	400-500	Dessert	2 Stars
No	300-400	Snack	4 Stars
No	100-200	Snack	3 Stars
No	100-200	Dessert	3 Stars
No	200-300	Dessert	4 Stars
No	200-300	Soup	3 Stars
No	0-100	Main Dish	3 Stars
No	200-300	sauce	3 Stars
No	600-700	Side Dish	2 Stars
No	200-300	Drink	2 Stars
No	900-1000	Drink	2 Stars
No	900-1000	Drink	1 star
No	300-400	Snack	3 Stars
No	300-400	Dessert	2 Stars
No	100-200	Dessert	5 stars
No	300-400	Snack	1 star
No	0-100	Drink	1 star
No	100-200	Snack	5 stars
No	100-200	Side Dish	4 Stars
Nicaragua, Costa Rica	200-300	Main Dish	3 Stars

Sheet1

Diffuclyty
Expert
Beginner
Intermediate
Intermediate
Beginner
Advance
Advance
Advance
Advance
Expert
Beginner
Beginner
Intermediate
Intermediate
Intermediate
Advance
Intermediate
Beginner
Intermediate
Intermediate
Expert
Begonner if no caramel sauce
Intermediate
Intermediate
Beginner
Intermediate
Beginner
Intermediate
Beginner
Advance
Intermediate
Expert
Intermediate
Intermediate
Advance
Expert
Intermediate
Intermediate
Expert
Advance
Beginner
Intermediate
Beginner
Beginner
Advance
Advance
Advance
Expert
Advance
Beginner

0-100
100-200 light
200-300 average
300-400
400-500
500-600
600-700
700-800
800-900
900-1000

beginner
intermediate
advance
Expert

Intermediate
Advance
Beginner
Intermediate
Intermediate
Advance
Beginner
Beginner
Expert
Intermediate
Intermediate
Advance
Intermediate
Intermediate
Beginner
Advance
Intermediate
Beginner
Intermediate
Intermediate
Intermediate
Intermediate
Beginner
Intermediate
Advance
Advance
Beginner
Beginner
Expert
Advance
Advance
Expert
Beginner
Beginner
Expert
Advance
Intermediate
Intermediate
Intermediate
Intermediate
Intermediate
Expert
Expert
Beginner
Beginner
Beginner
Beginner
Expert
Beginner
Beginner
Beginner