

Sheet1

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

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

Sheet1

Origins	Nutrious (calories)	What is it	Vegetarian Options
El Salvador	299	Main Dish	yes
Mexico	156	Main Dish	no
Mexico	346	Main Dish	yes
Spain	300	Main Dish	yes
Mexico	528	Bread	yes
El Salvador	374	Main Dish	yes
El Salvador	305	Drink	yes
Mexico	200	Soup	no
Mexico	253	Soup	no
Mexico	284	Main Dish	no
Nicaragua	54	Drink	yes
Mexico	245	Side Dish	yes
Nicaragua	88	Snack	no
Rome-Spain	223	Dessert	yes
Honduras	573	Main Dish	no
El Salvador	200	Main Dish	yes
Mexico	295	Dessert	yes
The Dominican Republic	232	Side Dish	yes
Mexico	447	Main Dish	yes
El Salvador	51	Main Dish	no
El Salvador	127	Drink	yes
Guatemala	179	Dessert	yes
Guatemala	589	Main Dish	no
Honduras	920	Main Dish	no
Spain	234	Snack	yes
Puerto Rico	232	Side Dish	no
Mexico	500	Main Dish	bo
Spain	230	Main Dish	bo
Cuban	261	Main Dish	bo
The Dominican Republic	317	Soup	bo
Puerto Rico	932	Main Dish	bo
Puerto Rico	520	Main Dish	no
Puerto Rico	339	Side Dish	yes
Puerto Rico	92	Snack	yes
Puerto Rico	194	Soup	no
Puerto Rico	255	Main Dish	no
Spain	514	Main Dish	no
Spain	554	Main Dish	no
Mexico	172	Side Dish	no
Puerto Rico	305	Dessert	yes
Puerto Rico	223	Side Dish	no
Puerto Rico	226	Side Dish	yes
Mexico	130	Snack	yes
Honduras	337	Snack	yes
Mexico	228	Side Dish	no
Puerto Rico	1350	Side Dish	no
Mexico	173	Main Dish	no
German	148	Drink	yes
The Dominican Republic	932	Main Dish	no
The Dominican Republic	148	Main Dish	yes

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Puerto Rico	368	Main Dish	yes
Latin America	1451	Main Dish	no
El Salvador	386	Main Dish	no
Spain	379	Main Dish	no
Mexico	195	Main Dish	no
El Salvador	311	Main Dish	no
Spain	324	Snack	yes
The Dominican Republic	537	Dessert	yes
Columbian	166	Main Dish	no
Puerto Rico	176	Snack	yes
Argentina	51	sauce	yes
The Dominican Republic	151	Side Dish	no
Scandinavian	142	Snack	yes
Columbian & Venezuela	215	Side Dish	yes
The Dominican Republic	37	Side Dish	yes
Mexico	160	Snack	no
The Dominican Republic	250	Main Dish	no
Puerto Rico	170	Side Dish	yes
Cuban	357	Main Dish	no
The Dominican Republic	145	Dessert	yes
Mexico	443	Main Dish	no
The Dominican Republic	170	Main Dish	no
Columbian	141	Main Dish	no
El Salvador	392	Drink	yes
Columbian	402	Side Dish	no
Puerto Rico	1188	Side Dish	no
The Dominican Republic	1096	Side Dish	no
Puerto Rico	311	Main Dish	no
Italian to Puerto Rico, The DR	428	Main Dish	no
The Dominican Republic	386	stew	no
Spain	436	Dessert	no
El Salvador	354	Snack	yes
Spain	223	Snack	no
Spain	1881	Dessert	no
Spain	188	Dessert	no
El Salvador	137	Soup	yes
French	88	Main Dish	no
Spain	234	sauce	yes
Spain	154	Side Dish	yes
Spain	154	Drink	yes
Spain	1483	Drink	yes
Cuban	1036	Drink	yes
Honduras	377	Snack	yes
Mexico	365	Dessert	yes
Puerto Rico	228	Dessert	yes
Honduras	365	Snack	yes
Costa Rica	610	Drink	yes
Mexico	165	Snack	yes
Mexico	150	Side Dish	yes
Nicaragua, Costa Rica	282	Main Dish	no

Rating tastes wise	Diffuculty
5 stars	Expert
4 Stars	Beginner
3 Stars	Intermediate
4 Stars	Intermediate
3 Stars	Beginner
5 stars	Advance
3 Stars	Advance
5 stars	Advance
3 Stars	Advance
5 stars	Expert
4 Stars	Beginner
1 star	Beginner
5 stars	Intermediate
3 Stars	Intermediate
5 stars	Intermediate
2 Stars	Advance
4 Stars	Intermediate
1 star	Beginner
4 Stars	Intermediate
2 Stars	Intermediate
5 stars	Expert
2 Stars	Intermediate
1 star	Intermediate
5 stars	Intermediate
3 Stars	Beginner
2 Stars	Intermediate
4 Stars	Beginner
2 Stars	Intermediate
4 Stars	Beginner
4 Stars	Advance
2 Stars	Intermediate
3 Stars	Expert
5 stars	Intermediate
3 Stars	Intermediate
4 Stars	Advance
5 stars	Expert
5 stars	Intermediate
3 Stars	Intermediate
2 Stars	Expert
1 star	Advance
2 Stars	Beginner
4 Stars	Intermediate
4 Stars	Beginner
2 Stars	Beginner
3 Stars	Advance
4 Stars	Advance
1 star	Advance
1 star	Expert
2 Stars	Advance
2 Stars	Beginner

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2 Stars	Intermediate
1 star	Advance
5 stars	Beginner
3 Stars	Intermediate
3 Stars	Intermediate
4 Stars	Advance
5 stars	Beginner
5 stars	Beginner
1 star	Expert
3 Stars	Intermediate
2 Stars	Intermediate
2 Stars	Advance
1 star	Intermediate
4 Stars	Intermediate
2 Stars	Beginner
1 star	Advance
3 Stars	Intermediate
2 Stars	Beginner
3 Stars	Intermediate
1 star	Intermediate
4 Stars	Intermediate
2 Stars	Beginner
3 Stars	Intermediate
1 star	Advance
1 star	Advance
5 stars	Beginner
1 star	Beginner
3 Stars	Expert
3 Stars	Advance
5 stars	Advance
2 Stars	Expert
4 Stars	Beginner
3 Stars	Beginner
3 Stars	Expert
4 Stars	Advance
3 Stars	Intermediate
3 Stars	Intermediate
3 Stars	Intermediate
2 Stars	Intermediate
2 Stars	Intermediate
2 Stars	Expert
1 star	Expert
3 Stars	Beginner
2 Stars	Beginner
5 stars	Beginner
1 star	Beginner
1 star	Expert
5 stars	Beginner
4 Stars	Beginner
3 Stars	Beginner