

NOPAL

DESCRIPTION

Nopal is a common name in Spanish for *Opuntia ficus-indica* cactus as well as for its pads. There are approximately three hundred known species, all native to the American continent; grows in the form of flat pads that comes from the plant. The edible flat cactus pads can be eaten when the plant is young. It grows in arid and semi-arid zones, so it resists strong sunlight and temperatures of up to 120°F (50 °C) and does not require much water for its cultivation



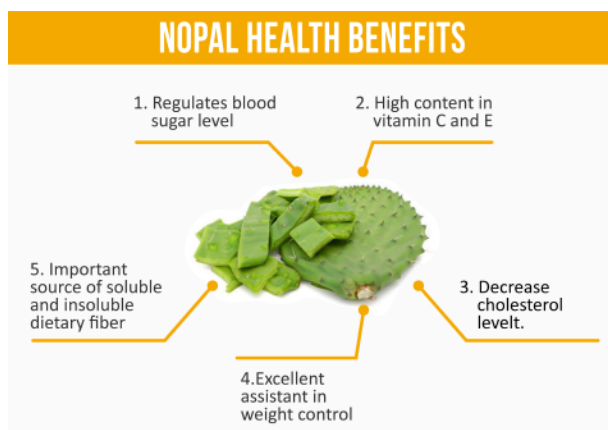
HISTORY - MEXICO

There are approximately one hundred and fourteen known species endemic to Mexico. It is an important part of its culture, history and cuisine. Mexico is the main producer of nopal in the world and the most important consumer in its fresh and processed form.



HEALTH BENEFITS

Nopal, of very low caloric level and high content in vitamin C and E, is one of the great allies to combat obesity. It has been proven that its properties are a great stimulus against diabetes and overweight, lowering the level of cholesterol and regulating the level of blood sugar, in addition to containing a large amount of soluble and insoluble dietary fiber.



GASTRONOMY

Incorporating Nopal to the diet is highly recommended and the variety of dishes that can be made from this ingredient is huge. They can be prepared in dishes such as eggs with nopal, meat with nopal, cooked in soups, in salads or stews, in main courses, drinks or simply on their own as a side vegetable.



GASTRONOMY

