



## Beer 'Garitas

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



274 kcal

BEVERAGE

DRINK

## Ingredients

- 0.5 cup beer cold
- 4 servings ice crushed
- 1 cup limeade concentrate frozen thawed
- 0.5 cup orange liqueur
- 1 cup tequila

## Equipment

## Directions

- Stir together first 3 ingredients until well blended. Fill 4 medium glasses with crushed ice.
- Pour limeade mixture evenly into glasses.
- Add beer to taste.
- Note: For testing purposes only, we used Minute Maid Frozen Concentrate for Limeade, Jos Cuervo Especial tequila, and Triple Sec for orange liqueur.

## Nutrition Facts

**PROTEIN 0.85%** **FAT 1.03%** **CARBS 98.12%**

## Properties

Glycemic Index:13.88, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:0.56782608025748%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 274.26kcal (13.71%), Fat: 0.09g (0.14%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 19.06g (6.35%), Net Carbohydrates: 19.06g (6.93%), Sugar: 17.69g (19.66%), Cholesterol: 0mg (0%), Sodium: 6.04mg (0.26%), Alcohol: 28.86g (100%), Alcohol %: 20.13% (100%), Caffeine: 7.67mg (2.56%), Protein: 0.17g (0.33%), Vitamin C: 1.91mg (2.32%), Copper: 0.04mg (1.8%), Vitamin B3: 0.21mg (1.04%)