



Beer 'Garitas



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

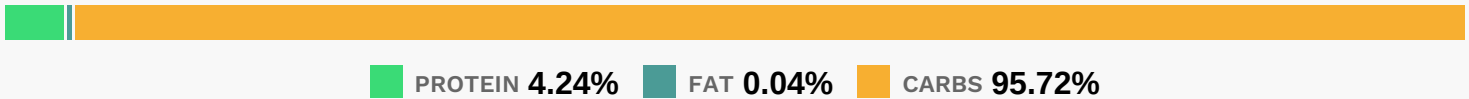
- ☐ 24 oz beer
- ☐ 5 servings ice cubes crushed
- ☐ 1 slices garnish: lime
- ☐ 12 oz limeade concentrate thawed
- ☐ 1.5 cups tequila

Equipment

Directions

- ☐ Stir together first 3 ingredients in a large pitcher until blended.
- ☐ Serve immediately over crushed ice.
- ☐ Garnish, if desired.
- ☐ Note: We tested with Yazoo Dos Perros Ale, Grolsch Premium Lager, Truck Stop Honey Brown Ale, and Bud Light beer.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1.99, Inflammation Score:-5, Nutrition Score:1.2317391287373%

Flavonoids

Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 260.63kcal (13.03%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 14.32g (5.21%), Sugar: 9.05g (10.06%), Cholesterol: 0mg (0%), Sodium: 8.28mg (0.36%), Alcohol: 29.35g (100%), Alcohol %: 13.36% (100%), Protein: 0.64g (1.27%), Vitamin B3: 0.72mg (3.58%), Vitamin B6: 0.07mg (3.33%), Vitamin C: 2.52mg (3.05%), Magnesium: 9.62mg (2.4%), Vitamin B2: 0.04mg (2.31%), Phosphorus: 22.86mg (2.29%), Folate: 8.96µg (2.24%), Copper: 0.03mg (1.69%), Potassium: 46.41mg (1.33%), Selenium: 0.89µg (1.27%), Manganese: 0.02mg (1.23%)