

Beer Margaritas



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



164 kcal

BEVERAGE

DRINK

Ingredients

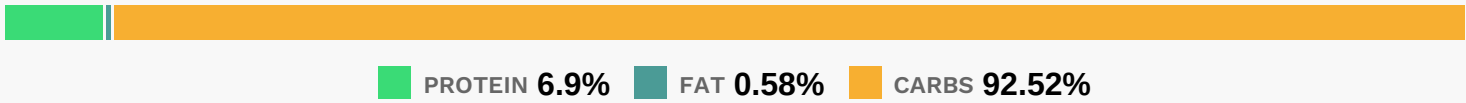
- ☐ 24 ounce beer chilled your favorite
- ☐ 0.3 cup coarse salt
- ☐ 0.5 cup concentrate limeade frozen thawed
- ☐ 4 servings ice cubes
- ☐ 1 lime cut into 8 wedges
- ☐ 0.5 cup tequila chilled

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Rub lime wedges around rims of 4 margarita glasses. Dip rims into salt to coat lightly. In a medium pitcher, combine beer, limeade, and tequila. Fill prepared glasses with ice, then with margarita mixture.
- ☐ Garnish with remaining lime wedges.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:2.86, Inflammation Score:-5, Nutrition Score:1.9208695665002%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 163.52kcal (8.18%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 11.59g (4.21%), Sugar: 4.38g (4.87%), Cholesterol: 0mg (0%), Sodium: 7084.5mg (308.02%), Alcohol: 16.65g (100%), Alcohol %: 6.56% (100%), Protein: 0.9g (1.8%), Vitamin C: 5.83mg (7.07%), Vitamin B3: 0.91mg (4.56%), Vitamin B6: 0.09mg (4.35%), Magnesium: 12.57mg (3.14%), Folate: 11.85µg (2.96%), Phosphorus: 28.34mg (2.83%), Vitamin B2: 0.05mg (2.82%), Copper: 0.05mg (2.25%), Potassium: 68.16mg (1.95%), Manganese: 0.04mg (1.95%), Calcium: 19.01mg (1.9%), Fiber: 0.47g (1.88%), Selenium: 1.14µg (1.62%), Iron: 0.21mg (1.15%), Vitamin B5: 0.11mg (1.1%), Vitamin B1: 0.02mg (1.06%)