



Beeritas



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons sea salt
- ☐ 24 ounces beer light
- ☐ 1 lime cut into 6 slices
- ☐ 12 ounces limeade concentrate frozen divided thawed canned
- ☐ 1.5 cups tequila

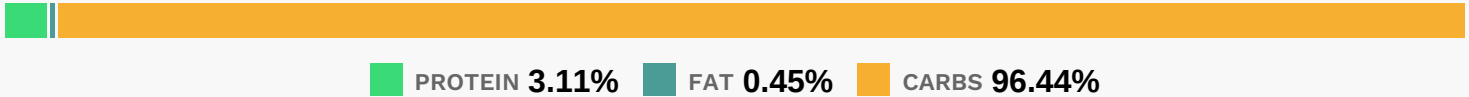
Equipment

- ☐ bowl

Directions

- ☐
- Place 1 tablespoon limeade concentrate in a shallow bowl.
- ☐
- Place salt in a second shallow bowl. In a third bowl, combine remaining limeade concentrate, beer and tequila. Rim 6 glasses with reserved limeade and salt. Divide beer mixture evenly among glasses; garnish each with a lime slice.
- ☐
- Self

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:1.2569565324356%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 204.32kcal (10.22%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 10.54g (3.83%), Sugar: 7.81g (8.68%), Cholesterol: 0mg (0%), Sodium: 2332.54mg (101.41%), Alcohol: 23.56g (100%), Alcohol %: 12.07% (100%), Protein: 0.35g (0.7%), Vitamin C: 5.01mg (6.07%), Vitamin B3: 0.48mg (2.39%), Vitamin B6: 0.05mg (2.31%), Folate: 8.26µg (2.07%), Magnesium: 7.53mg (1.88%), Copper: 0.04mg (1.88%), Phosphorus: 18.58mg (1.86%), Vitamin B2: 0.02mg (1.37%), Manganese: 0.03mg (1.25%), Fiber: 0.31g (1.25%), Potassium: 42.55mg (1.22%), Calcium: 10.79mg (1.08%)