



Beermosa



Vegetarian



Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



240 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounces lager light
- ☐ 4 ounces orange juice freshly squeezed
- ☐ 1 serving garnish: orange wheel

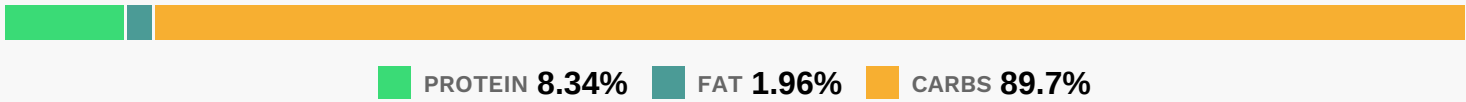
Equipment

Directions

- ☐ Fill a chilled beer glass with the lager, and top with the orange juice.

Garnish with an orange wheel.

Nutrition Facts



Properties

Glycemic Index:135, Glycemic Load:14.5, Inflammation Score:-9, Nutrition Score:10.7900000059682%

Flavonoids

Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 38.08mg, Hesperetin: 38.08mg, Hesperetin: 38.08mg, Hesperetin: 38.08mg Naringenin: 16.21mg, Naringenin: 16.21mg, Naringenin: 16.21mg, Naringenin: 16.21mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 239.61kcal (11.98%), Fat: 0.33g (0.52%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 32.1g (11.67%), Sugar: 17.94g (19.93%), Cholesterol: 0mg (0%), Sodium: 14.74mg (0.64%), Alcohol: 13.27g (100%), Alcohol %: 3.09% (100%), Protein: 3.2g (6.41%), Vitamin C: 104.58mg (126.76%), Folate: 81.43µg (20.36%), Potassium: 481.55mg (13.76%), Vitamin B1: 0.2mg (13.16%), Vitamin B6: 0.26mg (12.79%), Vitamin B3: 2.45mg (12.26%), Magnesium: 41.89mg (10.47%), Fiber: 2.39g (9.55%), Vitamin B2: 0.16mg (9.12%), Vitamin A: 429.3IU (8.59%), Phosphorus: 79.5mg (7.95%), Calcium: 62.08mg (6.21%), Vitamin B5: 0.58mg (5.8%), Copper: 0.11mg (5.37%), Selenium: 2.6µg (3.72%), Manganese: 0.07mg (3.28%), Iron: 0.38mg (2.14%), Vitamin E: 0.21mg (1.38%), Vitamin B12: 0.07µg (1.13%), Zinc: 0.15mg (1.02%)