Cowboy Cocktail

Vegetarian · Gluten Free · Dairy Free · Low Fod Map

READY IN	SERVINGS	CALORIES
5 min.	1	254 kcal

BEVERAGE · DRINK

Ingredients

- [ ] 1 bottle beer (recommended: Corona)
- [ ] 3 mint leaves fresh
- [ ] 1 serving ice cubes crushed
- [ ] 0.5 juice of lime juiced
- [ ] 1 serving mint sprig fresh for garnish
- [ ] 1 shot tequila blanco

Equipment

Directions

- [ ] Place mint leaves in bottom of highball glass. Fill with crushed ice.
- [ ] Add lime juice, stir, then add the tequila and beer.
- [ ] Garnish with mint sprig.

Nutrition Facts

PROTEIN **11.24%** FAT **0.68%** CARBS **88.08%**

Properties

Glycemic Index:55.5, Glycemic Load:4.89, Inflammation Score:-8, Nutrition Score:3.3391304249349%

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: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 254.39kcal (12.72%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 13.55g (4.93%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 15.63mg (0.68%), Alcohol: 27.96g (100%), Alcohol %: 8.77% (100%), Protein: 1.78g (3.55%), Vitamin B3: 1.84mg (9.2%), Vitamin B6: 0.17mg (8.38%), Vitamin C: 5.77mg (7%), Folate: 26.46µg (6.61%), Magnesium: 24.81mg (6.2%), Vitamin B2: 0.1mg (5.86%), Phosphorus: 54.38mg (5.44%), Manganese: 0.08mg (4.24%), Potassium: 132.99mg (3.8%), Vitamin A: 177.42IU (3.55%), Selenium: 2.06µg (2.94%), Calcium: 25.45mg (2.55%), Copper: 0.04mg (2.18%), Vitamin B1: 0.03mg (1.78%), Vitamin B5: 0.17mg (1.71%), Iron: 0.3mg (1.68%), Fiber: 0.38g (1.52%), Vitamin B12: 0.07µg (1.13%)