



CAMP  
FOR  
BEER  
FANATICS

## Half and Half Cocktail

 Vegetarian  Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



185 kcal

BEVERAGE

DRINK

### Ingredients

- 8 fluid ounces pale ale
- 8 fluid ounces porter

### Equipment

### Directions

- Fill 1/2 a pint glass with pale ale. Slowly fill the remainder of the glass with stout, pouring it slowly over the back side of a spoon to layer it on top.

# Nutrition Facts

PROTEIN 11.08% FAT 0% CARBS 88.92%

## Properties

Glycemic Index:40.5, Glycemic Load:3.4, Inflammation Score:-8, Nutrition Score:1.5091304403284%

## Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

## Nutrients (% of daily need)

Calories: 184.99kcal (9.25%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 15g (5%), Net Carbohydrates: 15g (5.45%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 9.46mg (0.41%), Alcohol: 9.23g (100%), Alcohol %: 2.47% (100%), Protein: 1.87g (3.74%), Vitamin B3: 1.21mg (6.07%), Vitamin B6: 0.11mg (5.44%), Folate: 14.19µg (3.55%), Magnesium: 14.19mg (3.55%), Vitamin B2: 0.06mg (3.48%), Phosphorus: 33.12mg (3.31%), Selenium: 1.42µg (2.03%), Potassium: 63.87mg (1.82%)