

Happy Mich

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 ounce hibiscus tea simple syrup (see chef's notes, below)
- ☐ 2 dashes hot sauce such as tabasco
- ☐ 2 dashes sauce (see chef's notes, below)
- ☐ 2 cups ice cubes
- ☐ 1 teaspoon kosher salt
- ☐ 6 ounces lager such as dos equis
- ☐ 0.5 ounce juice of lime freshly squeezed
- ☐ 1 lime wedges

- ☐ 1 teaspoon pico piquin seasoning (see chef's notes, below)
- ☐ 2 slice watermelon for garnish

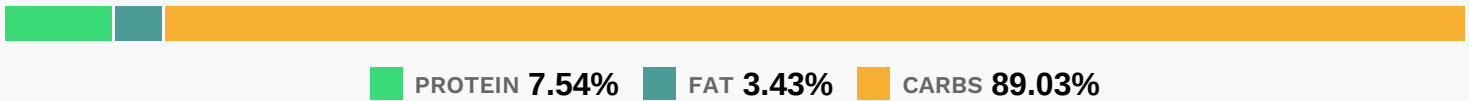
Equipment

- ☐ blender

Directions

- ☐ In small saucer, stir together salt and 1 teaspoon Pico Piquin. Rub lime wedge around rim of pilsner glass (12 or 16 ounces). Invert glass and dip part of rim into salt mixture, coating outside of glass only. Rotate to coat halfway around rim.
- ☐ In blender (or using a muddling tool), combine watermelon cubes and remaining pinch Pico Piquin. Purée until smooth, about 10 seconds.
- ☐ Add lime juice, hibiscus concentrate, hot sauce, and Tajin sauce and stir until combined.
- ☐ Fill prepared pilsner glass with ice cubes and pour in watermelon mixture. Top with beer, stir until combined, and garnish with watermelon slice.
- ☐ •Pico Piquin seasoning is a variation on pico de gallo. •Hibiscus concentrate is sometimes labeled as Jamaica concentrate. •Tajin regular snack sauce is a chili sauce with lime and salt.

Nutrition Facts



Properties

Glycemic Index:147.17, Glycemic Load:33.43, Inflammation Score:-10, Nutrition Score:14.111304026583%

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 Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 9.01mg, Hesperetin: 9.01mg, Hesperetin: 9.01mg, Hesperetin: 9.01mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg Kaempferol: 3.95mg, Kaempferol: 3.95mg, Kaempferol: 3.95mg, Kaempferol: 3.95mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 260.15kcal (13.01%), Fat: 0.91g (1.39%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 52.88g (17.63%), Net Carbohydrates: 50.03g (18.19%), Sugar: 36.47g (40.52%), Cholesterol: 0mg (0%), Sodium: 2393.52mg (104.07%), Alcohol: 6.63g (100%), Alcohol %: 0.66% (100%), Protein: 4.48g (8.95%), Vitamin C: 55.97mg (67.84%), Vitamin A: 3313.44IU (66.27%), Potassium: 725.11mg (20.72%), Magnesium: 74.85mg (18.71%), Vitamin B6: 0.35mg (17.45%), Copper: 0.34mg (17.09%), Vitamin B5: 1.39mg (13.91%), Vitamin B1: 0.21mg (13.75%), Manganese: 0.24mg (12.05%), Fiber: 2.85g (11.4%), Vitamin B2: 0.17mg (9.91%), Vitamin B3: 1.95mg (9.77%), Phosphorus: 92.12mg (9.21%), Iron: 1.56mg (8.66%), Folate: 30.38µg (7.59%), Calcium: 71.55mg (7.16%), Selenium: 3.4µg (4.86%), Zinc: 0.68mg (4.53%), Vitamin E: 0.36mg (2.38%)