



Hop, Skip, and Go Naked



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



470 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



12 fluid ounce lemonade concentrate frozen canned



1 pint irish whiskey

Equipment

Directions



In a gallon container, combine beer, lemonade concentrate and whiskey. Stir and serve over ice.

Nutrition Facts



 **PROTEIN 0.42%**  **FAT 3.04%**  **CARBS 96.54%**

Properties

Glycemic Index:3.75, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:1.3434782517345%

Nutrients (% of daily need)

Calories: 469.61kcal (23.48%), Fat: 0.62g (0.96%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 44.12g (16.04%), Sugar: 39.59g (43.99%), Cholesterol: 0mg (0%), Sodium: 6.21mg (0.27%), Alcohol: 42.59g (100%), Alcohol %: 26.07% (100%), Protein: 0.2g (0.39%), Vitamin C: 11.62mg (14.09%), Potassium: 65.05mg (1.86%), Vitamin B1: 0.03mg (1.81%), Folate: 6.21µg (1.55%), Magnesium: 6.21mg (1.55%), Copper: 0.03mg (1.4%), Fiber: 0.27g (1.06%), Manganese: 0.02mg (1.05%), Vitamin B5: 0.1mg (1.02%)