

Lime-Chile Beer



Vegetarian



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon chili powder
- ☐ 0.3 teaspoon coarse kosher salt
- ☐ 12 oz light-bodied wheat beer (such as New Belgium's Sunshine Wheat)
- ☐ 0.3 cup juice of lime fresh
- ☐ 2.5 teaspoons sugar

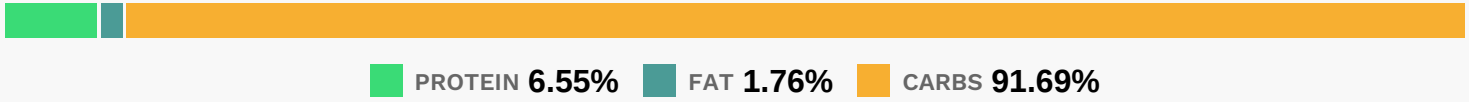
Equipment

- ☐ measuring cup

Directions

- ☐ In a glass measuring cup, stir lime juice, sugar, and 1/3 cup water together until sugar dissolves. Fill 2 beer mugs with ice and pour half the beer into each. Top with lime mixture.
- ☐ Sprinkle one side of each lime wedge with salt and the other with chili powder.
- ☐ Serve with beer.

Nutrition Facts



Properties

Glycemic Index:71.3, Glycemic Load:6.91, Inflammation Score:-5, Nutrition Score:2.6239130445149%

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 Hesperetin: 16.96mg, Hesperetin: 16.96mg, Hesperetin: 16.96mg, Hesperetin: 16.96mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 104.93kcal (5.25%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 14.09g (5.12%), Sugar: 5.67g (6.3%), Cholesterol: 0mg (0%), Sodium: 302.43mg (13.15%), Alcohol: 6.63g (100%), Alcohol %: 3.9% (100%), Protein: 1.09g (2.18%), Vitamin C: 11.48mg (13.91%), Vitamin B6: 0.1mg (5.02%), Vitamin B3: 0.98mg (4.9%), Fiber: 1.19g (4.76%), Folate: 13.43µg (3.36%), Magnesium: 12.95mg (3.24%), Phosphorus: 31.66mg (3.17%), Vitamin B2: 0.05mg (3.16%), Potassium: 91.18mg (2.61%), Calcium: 20.87mg (2.09%), Vitamin A: 93.84IU (1.88%), Copper: 0.04mg (1.86%), Selenium: 1.26µg (1.8%), Iron: 0.32mg (1.77%), Vitamin B5: 0.16mg (1.58%), Vitamin B1: 0.02mg (1.4%), Vitamin E: 0.18mg (1.21%), Manganese: 0.02mg (1.1%)