



MANgarita



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



212 kcal

BEVERAGE

DRINK

Ingredients

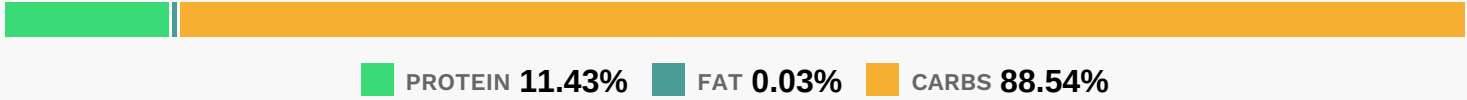
- ☐ 12 oz beer cold
- ☐ 1 serving coarse salt
- ☐ 1 serving lime wedges
- ☐ 1 oz tequila

Equipment

Directions

- ☐
- Pour tequila into shot glass. Open beer.
- ☐
- Serve with lime wedge and salt.

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:4.92, Inflammation Score:-7, Nutrition Score:2.24999999902009%

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 Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 212.07kcal (10.6%), Fat: Og (0%), Saturated Fat: Og (0%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 12.15g (4.42%), Sugar: 0.02g (0.02%), Cholesterol: Omg (0%), Sodium: 207.7mg (9.03%), Alcohol: 22.74g (100%), Alcohol %: 7.79% (100%), Protein: 1.57g (3.14%), Vitamin B3: 1.75mg (8.75%), Vitamin B6: 0.16mg (7.86%), Folate: 20.49µg (5.12%), Magnesium: 20.48mg (5.12%), Vitamin B2: 0.09mg (5.08%), Phosphorus: 48.94mg (4.89%), Selenium: 2.05µg (2.92%), Potassium: 93.48mg (2.67%), Manganese: 0.03mg (1.64%), Vitamin B5: 0.14mg (1.42%), Calcium: 14.06mg (1.41%), Vitamin B1: 0.02mg (1.27%), Copper: 0.02mg (1.19%), Vitamin B12: 0.07µg (1.13%)