



Mauro's Michelada Supreme

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



4

CALORIES



39 kcal

SIDE DISH

Ingredients

- 4 bottles mexican beer dark such as negra modelo
- 2 tablespoons chile powder
- 0.3 cup coarse salt
- 6 dashes fish sauce
- 1 tablespoon cilantro leaves fresh minced
- 6 dashes hot sauce such as cholula
- 4 servings ice cubes
- 6 juice of lime

- 4 servings lime wedges for garnish
- 12 ounces sacramento tomato juice
- 1 teaspoon worcestershire sauce

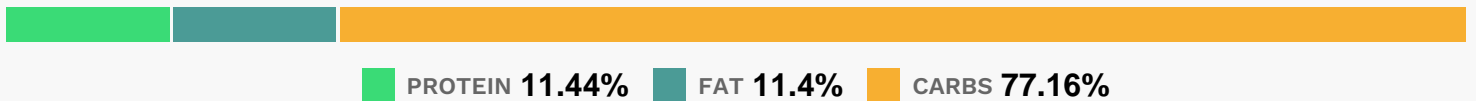
Equipment

- blender

Directions

- Serving suggestion: pork
- In a blender, combine the tomato juice, lime juice, Worcestershire, fish sauce and hot sauce, and blend until smooth.
- Mix the salt, chili powder and cilantro, and coat the rim of 4 glasses. Fill the glasses with ice. Fill each glass one-quarter full with the tomato mixture, and then fill the remainder with the beer. Give it a light stir and serve with a lime wedge and a platter of pork.

Nutrition Facts



Properties

Glycemic Index:33.96, Glycemic Load:1.06, Inflammation Score:-8, Nutrition Score:7.6778259585085%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.47mg, Hesperetin: 4.47mg, Hesperetin: 4.47mg, Hesperetin: 4.47mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 39.44kcal (1.97%), Fat: 0.65g (1%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 7.93g (2.88%), Sugar: 4.3g (4.78%), Cholesterol: 0mg (0%), Sodium: 7292.46mg (317.06%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 1.46g (2.93%), Vitamin C: 29.72mg (36.03%), Vitamin A: 1600.07IU (32%), Vitamin E: 1.9mg (12.69%), Vitamin B6: 0.2mg (10.12%), Potassium: 345.22mg (9.86%), Manganese: 0.16mg (7.9%), Fiber: 1.94g (7.77%), Iron: 1.26mg (6.99%), Vitamin K: 6.79µg (6.47%), Copper: 0.12mg (6.16%), Folate: 23.73µg (5.93%), Vitamin B3: 1.15mg (5.77%), Magnesium: 22.63mg (5.66%), Vitamin B2: 0.07mg (4.37%), Vitamin

B1: 0.06mg (4.19%), Calcium: 36.76mg (3.68%), Phosphorus: 35mg (3.5%), Vitamin B5: 0.31mg (3.09%), Zinc: 0.37mg (2.45%), Selenium: 1.29µg (1.84%)