

# Mexicali Beer Margaritas

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



249 kcal

BEVERAGE

DRINK

## Ingredients

- 36 fluid ounce beer canned
- 1 lime whole cut into 6 wedges
- 12 fluid ounce limeade concentrate canned
- 1.5 cups tequila

## Equipment

## Directions

Pour the limeade, tequila, and beer into a pitcher; stir. Fill tall glasses with ice and pour mixture into the glasses; squeeze a lime wedge into each drink.

## Nutrition Facts

**PROTEIN 5.4%** **FAT 0.3%** **CARBS 94.3%**

### Properties

Glycemic Index:14.58, Glycemic Load:2.83, Inflammation Score:-6, Nutrition Score:1.7791304113748%

### Flavonoids

Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallic acid: 0.14mg, Gallic acid: 0.14mg, Gallic acid: 0.14mg, Gallic acid: 0.14mg

### Nutrients (% of daily need)

Calories: 248.99kcal (12.45%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 15.31g (5.57%), Sugar: 8.04g (8.93%), Cholesterol: 0mg (0%), Sodium: 9.69mg (0.42%), Alcohol: 26.96g (100%), Alcohol %: 11.1% (100%), Protein: 0.89g (1.79%), Vitamin C: 5.08mg (6.16%), Vitamin B3: 0.95mg (4.73%), Vitamin B6: 0.09mg (4.47%), Magnesium: 12.5mg (3.12%), Folate: 12.13µg (3.03%), Vitamin B2: 0.05mg (2.99%), Phosphorus: 29.84mg (2.98%), Copper: 0.04mg (1.91%), Potassium: 66.41mg (1.9%), Selenium: 1.17µg (1.67%), Manganese: 0.03mg (1.32%), Fiber: 0.31g (1.25%), Calcium: 11.96mg (1.2%), Vitamin B1: 0.02mg (1.13%), Vitamin B5: 0.1mg (1.04%)