

# Michelada

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

READY IN



5 min.

SERVINGS



1

CALORIES



123 kcal

BEVERAGE

DRINK

## Ingredients

- 1 cup mexican beer pilsner-style (recommended: Modelo Especial)
- 0.8 teaspoon sauce red hot (recommended: Frank's )
- 1 serving ice cubes
- 1 serving kosher salt
- 1 lime cut into quarters
- 2 dashes worcestershire sauce

## Equipment

## Directions

- Rim the outside of a tall, chilled pint glass with 1 quarter of the lime.
- Pour salt on a plate. Press the rim of a glass into the salt to rim the edge. Squeeze the rest of the limes into the glass. Drop the limes in the glass.
- Add the Worcestershire sauce and hot sauce. Fill glass with ice, add beer, and stir.

## Nutrition Facts

**PROTEIN 8.81%** **FAT 1.71%** **CARBS 89.48%**

## Properties

Glycemic Index:72.5, Glycemic Load:5.04, Inflammation Score:-6, Nutrition Score:3.9130435132462%

## Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

## Nutrients (% of daily need)

Calories: 123.12kcal (6.16%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 13.92g (5.06%), Sugar: 1.33g (1.48%), Cholesterol: 0mg (0%), Sodium: 346.71mg (15.07%), Alcohol: 9.2g (100%), Alcohol %: 3.19% (100%), Protein: 1.55g (3.11%), Vitamin C: 19.76mg (23.95%), Fiber: 1.88g (7.5%), Vitamin B6: 0.14mg (6.87%), Vitamin B3: 1.36mg (6.79%), Folate: 19.68µg (4.92%), Magnesium: 19mg (4.75%), Phosphorus: 46.3mg (4.63%), Vitamin B2: 0.08mg (4.41%), Potassium: 148.1mg (4.23%), Calcium: 35.49mg (3.55%), Copper: 0.07mg (3.42%), Iron: 0.56mg (3.09%), Vitamin B5: 0.24mg (2.42%), Selenium: 1.69µg (2.42%), Vitamin B1: 0.03mg (2.22%), Manganese: 0.02mg (1.24%)