



Michelada

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



176 kcal

BEVERAGE

DRINK

Ingredients

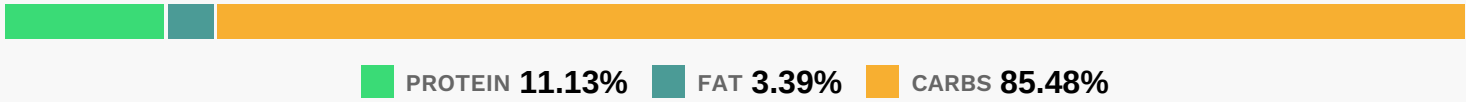
- ☐ 12 ounce beer such as dos equis amber chilled mexican-style
- ☐ 1 teaspoon chili powder
- ☐ 4 dashes hot sauce such as tabasco louisiana-style
- ☐ 2 cups ice cubes
- ☐ 1 juice of lime
- ☐ 0.3 cup kosher salt
- ☐ 0.3 cup sacramento tomato juice
- ☐ 4 dashes worcestershire sauce

Equipment

Directions

- ☐
- Combine the salt and chili powder on a small plate. Rub the lime wedge along the rim of a large lager beer glass, and then dip the rim into the chili salt. Fill the glass with the ice.
- ☐
- Pour in the lime juice, tomato juice, hot sauce, Worcestershire and beer. Stir briefly to incorporate.
- ☐
- Garnish with the lime wedge.

Nutrition Facts



Properties

Glycemic Index:71.83, Glycemic Load:5.87, Inflammation Score:-9, Nutrition Score:8.279565298039%

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 Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 176.32kcal (8.82%), Fat: 0.35g (0.54%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 18.67g (6.79%), Sugar: 3.94g (4.38%), Cholesterol: 0mg (0%), Sodium: 28434.68mg (1236.29%), Alcohol: 13.27g (100%), Alcohol %: 1.68% (100%), Protein: 2.58g (5.16%), Vitamin C: 24.66mg (29.89%), Vitamin A: 976.31IU (19.53%), Vitamin B6: 0.3mg (15.02%), Vitamin B3: 2.59mg (12.97%), Potassium: 389.86mg (11.14%), Magnesium: 40.7mg (10.18%), Folate: 40.52µg (10.13%), Copper: 0.2mg (10.01%), Manganese: 0.2mg (9.83%), Vitamin B2: 0.14mg (8.18%), Phosphorus: 74.85mg (7.49%), Vitamin E: 1.09mg (7.28%), Iron: 1.24mg (6.91%), Calcium: 68.54mg (6.85%), Vitamin B1: 0.07mg (4.7%), Fiber: 1.14g (4.56%), Selenium: 2.82µg (4.02%), Vitamin K: 4.21µg (4.01%), Vitamin B5: 0.4mg (3.97%), Zinc: 0.39mg (2.63%), Vitamin B12: 0.07µg (1.13%)