

Michelada

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



159 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 large beer
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon worcestershire sauce
- ☐ 0.3 teaspoon sauce of the chicken from the turbo broiler
- ☐ 0.3 teaspoon penzey's southwest seasoning
- ☐ 1 serving lime wedges
- ☐ 1 serving coarse salt
- ☐ 12 oz lager

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1 serving ice cubes

Equipment

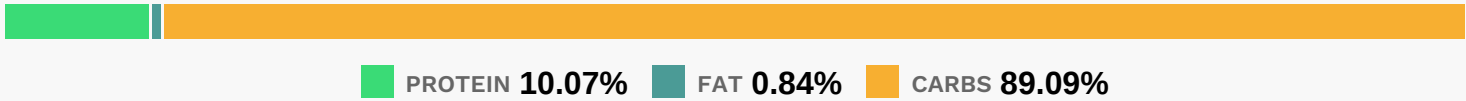
☐

bowl

Directions

- ☐ Place beer mug in freezer. In small bowl, mix lime juice and sauces.
- ☐ Remove mug from freezer. Rub rim of mug with lime wedge; dip rim into salt.
- ☐ Pour lime juice mixture into mug; add ale.
- ☐ Add ice.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:118, Glycemic Load:4.95, Inflammation Score:-7, Nutrition Score:3.9778261003287%

Flavonoids

Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 158.65kcal (7.93%), Fat: 0.07g (0.1%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 14.87g (5.41%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 326.65mg (14.2%), Alcohol: 13.31g (100%), Alcohol %: 3.99% (100%), Protein: 1.75g (3.5%), Vitamin B3: 1.87mg (9.36%), Vitamin B6: 0.18mg (8.8%), Vitamin K: 7.82µg (7.44%), Vitamin C: 5.6mg (6.79%), Magnesium: 26.4mg (6.6%), Folate: 25.45µg (6.36%), Vitamin B2: 0.1mg (6%), Phosphorus: 55.47mg (5.55%), Potassium: 174.26mg (4.98%), Iron: 0.86mg (4.78%), Manganese: 0.09mg (4.6%), Calcium: 43.98mg (4.4%), Selenium: 2.15µg (3.07%), Copper: 0.05mg (2.53%), Fiber: 0.61g (2.45%), Vitamin B1: 0.03mg (1.83%), Vitamin E: 0.26mg (1.77%), Vitamin B5: 0.17mg (1.72%), Vitamin B12:

0.07μg (1.14%)