

## Michelada

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



17 kcal

SIDE DISH

## Ingredients

- 1 tablespoon sea salt fine ( or coarse)
- 1.5 teaspoons ancho chili powder
- 1 lime wedges
- 2 tablespoons sacramento tomato juice
- 1 tablespoon juice of lime fresh
- 1 tablespoon hot sauce homemade store-bought
- 1 serving ice cubes
- 2 lime wedges

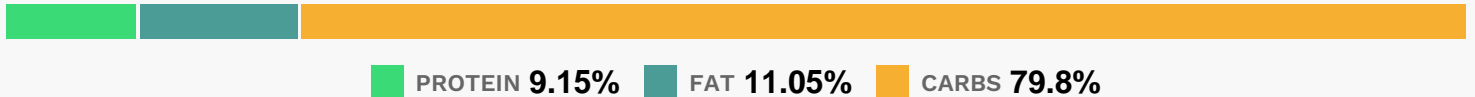
12 ounce frangelico dark chilled (that is, a pale Mexican beer, nothing like Modelo or Dos Equis)

## Equipment

## Directions

- Make the salty spicy rim (optional)
- On a small plate, stir together the salt and ancho chile powder. Slick the rim of a tall glass with the lime wedge by forcing the wedge onto the rim and running it around the perimeter. Then dip the rim in the salt mixture to coat it. Toss the spent lime wedge to the side and compost or reserve for another use.
- Make the michelada
- Pour the tomato juice, lime juice, and hot sauce into a pitcher, or very tall glass, and stir to mix well. Divide the mixture among 2 glasses.
- Add enough ice cubes to each glass to fill it about 2/3 full. Gradually pour in the beer and serve with a lime wedge on the side. We think you can take it from here...although be sure to consume your michelada relatively quickly, before the ice has a chance to melt into a puddle and dilute your perfect proportions.

## Nutrition Facts



## Properties

Glycemic Index:47.67, Glycemic Load:0.84, Inflammation Score:-5, Nutrition Score:3.2334782818089%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 12.28mg, Hesperetin: 12.28mg, Hesperetin: 12.28mg, Hesperetin: 12.28mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 17.43kcal (0.87%), Fat: 0.3g (0.47%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 3.57g (1.3%), Sugar: 1.3g (1.44%), Cholesterol: 0mg (0%), Sodium: 3688.18mg (160.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 17.69mg (21.44%), Vitamin A: 539.07IU (10.78%),

Fiber: 1.39g (5.55%), Vitamin E: 0.7mg (4.69%), Vitamin B6: 0.07mg (3.62%), Potassium: 109.51mg (3.13%), Iron: 0.55mg (3.07%), Copper: 0.05mg (2.63%), Manganese: 0.05mg (2.58%), Vitamin K: 2.29µg (2.18%), Calcium: 19.91mg (1.99%), Vitamin B2: 0.03mg (1.8%), Vitamin B3: 0.35mg (1.77%), Magnesium: 6.78mg (1.69%), Folate: 6.68µg (1.67%), Vitamin B1: 0.02mg (1.53%), Phosphorus: 13.79mg (1.38%), Vitamin B5: 0.13mg (1.25%)