



Michelada

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



171 kcal

BEVERAGE

DRINK

Ingredients



- 12 oz lager chilled mexican-style
- 1 lime
- 1 teaspoon salt
- 1 dash all the tabasco sauce you handle
- 1 tsp worcestershire sauce

Equipment

Directions

- Salt the rim of a tall glass. Squeeze in the juice of half to a whole large lime; add a dash of Tabasco sauce and the Worcestershire sauce.
- Pour in beer and gently mix.

Nutrition Facts

 **PROTEIN 9%**  **FAT 1.34%**  **CARBS 89.66%**

Properties

Glycemic Index: 72.5, Glycemic Load: 6.54, Inflammation Score: -7, Nutrition Score: 4.7886956521739%

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 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: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Gallic acid: 0.27mg, Gallic acid: 0.27mg, Gallic acid: 0.27mg, Gallic acid: 0.27mg

Taste

Sweetness: 7.47%, Saltiness: 3.31%, Sourness: 68.21%, Bitterness: 100%, Savoriness: 1.38%, Fattiness: 5.24%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 171.01kcal (8.55%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 18.39g (6.69%), Sugar: 1.73g (1.93%), Cholesterol: 0mg (0%), Sodium: 2421.07mg (105.26%), Alcohol: 13.27g (73.71%), Protein: 2.03g (4.07%), Vitamin C: 20.35mg (24.67%), Vitamin B3: 1.92mg (9.61%), Vitamin B6: 0.19mg (9.27%), Fiber: 1.88g (7.51%), Folate: 26.26µg (6.56%), Phosphorus: 63.3mg (6.33%), Magnesium: 25.28mg (6.32%), Vitamin B2: 0.11mg (6.25%), Potassium: 208.82mg (5.97%), Iron: 0.81mg (4.49%), Calcium: 43.59mg (4.36%), Copper: 0.07mg (3.72%), Selenium: 2.35µg (3.35%), Vitamin B5: 0.28mg (2.85%), Vitamin B1: 0.04mg (2.76%), Manganese: 0.04mg (1.93%), Vitamin B12: 0.07µg (1.13%), Vitamin E: 0.15mg (1.02%)