

# Michelada

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



152 kcal

BEVERAGE

DRINK

## Ingredients

- 12 ounce mexican lager chilled canned
- 1 tablespoon juice of lime freshly squeezed
- 1 serving garnish: lime wedge
- 0.3 teaspoon piquin pepper
- 0.3 teaspoon salsa picante
- 0.5 teaspoon salt

## Equipment

## Directions

- In tall beer glass, stir together pepper sauce, salsa, lime juice, salt, and lager.
- Garnish with lime and serve immediately.

## Nutrition Facts

**PROTEIN 10.91%** **FAT 0.45%** **CARBS 88.64%**

## Properties

Glycemic Index:104.5, Glycemic Load:4.98, Inflammation Score:-7, Nutrition Score:2.9356521847455%

## 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: 0.33mg, 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: 151.95kcal (7.6%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 13.61g (4.95%), Sugar: 0.32g (0.36%), Cholesterol: 0mg (0%), Sodium: 1184.85mg (51.52%), Alcohol: 13.27g (100%), Alcohol %: 4.66% (100%), Protein: 1.7g (3.41%), Vitamin B3: 1.79mg (8.94%), Vitamin B6: 0.17mg (8.31%), Vitamin C: 4.81mg (5.84%), Magnesium: 22.74mg (5.69%), Folate: 22.13µg (5.53%), Vitamin B2: 0.09mg (5.22%), Phosphorus: 51.09mg (5.11%), Manganese: 0.1mg (4.91%), Potassium: 120.49mg (3.44%), Selenium: 2.1µg (3%), Calcium: 19.32mg (1.93%), Vitamin B5: 0.17mg (1.7%), Copper: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.47%), Vitamin B12: 0.07µg (1.13%)