



Michelada and Happy New Year!



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



128 kcal

BEVERAGE

DRINK

Ingredients

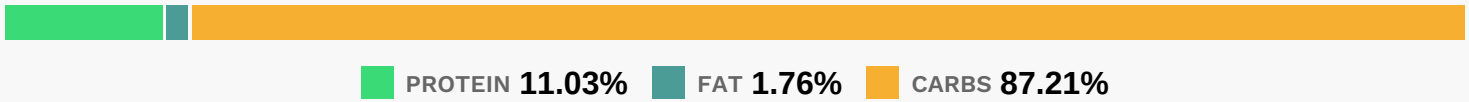
- ☐ 2 cups mexican beer cold (I used Corona)
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 teaspoon hot sauce (I used Tabasco)
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoon salt
- ☐ 0.8 cup sacramento tomato juice
- ☐ 1 teaspoon worcestershire sauce

Equipment

Directions

- ☐ Mix the beer, tomato juice, lime juice, Worcestershire sauce, hot sauce, and chili powder.
- ☐ Place the salt on a small plate. Rub the rims of large glasses with lime wedges and dip the glasses in the salt mixture.Fill glasses with ice and add the Michelada mixture and garnish with lime slices.

Nutrition Facts



Properties

Glycemic Index:35.92, Glycemic Load:4.49, Inflammation Score:-8, Nutrition Score:6.1878260140834%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 128.31kcal (6.42%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 14.96g (5.44%), Sugar: 4.1g (4.55%), Cholesterol: 0mg (0%), Sodium: 7056.01mg (306.78%), Alcohol: 9.2g (100%), Alcohol %: 3.07% (100%), Protein: 1.98g (3.95%), Vitamin C: 26.52mg (32.14%), Vitamin B6: 0.23mg (11.62%), Vitamin A: 576.62IU (11.53%), Potassium: 343.7mg (9.82%), Vitamin B3: 1.95mg (9.74%), Folate: 35.82µg (8.96%), Magnesium: 27.94mg (6.99%), Vitamin B2: 0.1mg (5.93%), Manganese: 0.11mg (5.74%), Phosphorus: 57.03mg (5.7%), Copper: 0.09mg (4.6%), Vitamin B1: 0.07mg (4.38%), Iron: 0.77mg (4.3%), Vitamin E: 0.55mg (3.68%), Vitamin B5: 0.37mg (3.67%), Calcium: 32.01mg (3.2%), Vitamin K: 2.85µg (2.71%), Selenium: 1.85µg (2.65%), Fiber: 0.66g (2.64%), Zinc: 0.23mg (1.53%)