

Michelada Cocktail



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



112 kcal

BEVERAGE

DRINK

Ingredients

- 8 oz beer
- 1 serving ice cubes
- 1 teaspoon juice of lime
- 2 lime wedges
- 1 serving pepper freshly ground
- 1 Dash hot sauce red
- 2 tablespoons salt
- 0.3 teaspoon soya sauce

1 Dash worcestershire sauce

Equipment

drinking straws

Directions

Sprinkle salt on saucer or small plate. Rub rim of highball glass or other tall glass with 1 of the lime wedges to moisten; dip rim of glass in salt.

Add ice to glass.

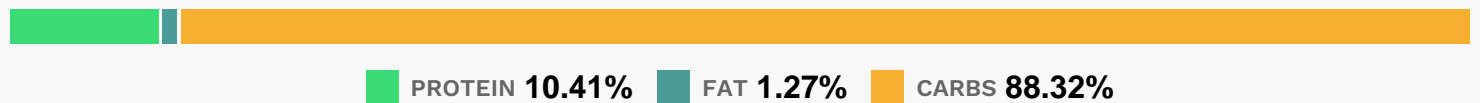
In cocktail shaker with ice, shake beer, lime juice, soy sauce, Worcestershire sauce and red pepper sauce until blended.

Pour into glass, straining out ice.

Sprinkle with pepper; garnish with remaining lime wedge.

Serve with a straw, if desired.

Nutrition Facts



Properties

Glycemic Index:119.5, Glycemic Load:4.17, Inflammation Score:-6, Nutrition Score:3.2200000687786%

Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 15.93mg, Hesperetin: 15.93mg, Hesperetin: 15.93mg, Hesperetin: 15.93mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 111.5kcal (5.58%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 11.53g (4.19%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 14065.02mg (611.52%), Alcohol: 8.85g (100%), Alcohol %: 3.09% (100%), Protein: 1.48g (2.97%), Vitamin C: 12.18mg (14.76%), Vitamin B3: 1.31mg (6.55%), Vitamin B6: 0.13mg (6.26%), Magnesium: 17.99mg (4.5%), Folate: 17.36µg (4.34%), Fiber: 1.07g

(4.26%), Phosphorus: 41.65mg (4.17%), Vitamin B2: 0.07mg (4.03%), Manganese: 0.08mg (3.91%), Potassium: 119.34mg (3.41%), Calcium: 33.79mg (3.38%), Copper: 0.06mg (3.06%), Iron: 0.48mg (2.69%), Selenium: 1.57µg (2.24%), Vitamin B5: 0.18mg (1.84%), Vitamin B1: 0.03mg (1.67%)