



Michelada Cocktail



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



329 kcal

Ingredients

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

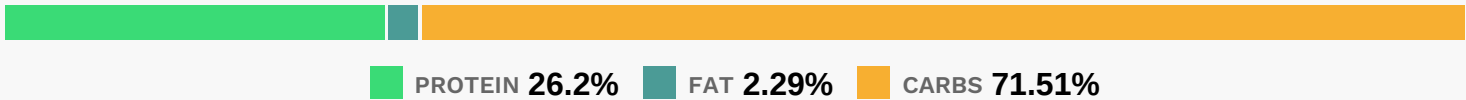
Equipment

☐ 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:79, Glycemic Load:0.91, Inflammation Score:-7, Nutrition Score:21.801304368869%

Flavonoids

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 Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 329.23kcal (16.46%), Fat: 0.87g (1.35%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 61.45g (20.48%), Net Carbohydrates: 46.09g (16.76%), Sugar: 1.59g (1.77%), Cholesterol: 0mg (0%), Sodium: 14069.56mg (611.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.51g (45.02%), Manganese: 1.5mg (75.12%), Fiber: 15.35g (61.42%), Iron: 8.83mg (49.05%), Folate: 187.46µg (46.86%), Potassium: 1330.43mg (38.01%), Magnesium: 147.27mg (36.82%), Copper: 0.7mg (35.04%), Phosphorus: 266.18mg (26.62%), Calcium: 228.84mg (22.88%), Zinc: 3.22mg (21.5%), Vitamin B1: 0.28mg (18.76%), Vitamin E: 2.22mg (14.83%), Vitamin C: 12.18mg (14.76%), Vitamin B6: 0.23mg (11.59%), Vitamin K: 8.36µg (7.96%), Vitamin B2: 0.12mg (6.83%), Vitamin B5: 0.61mg (6.11%), Selenium: 3.16µg (4.51%), Vitamin B3: 0.46mg (2.32%)