



Michelada Especial



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients

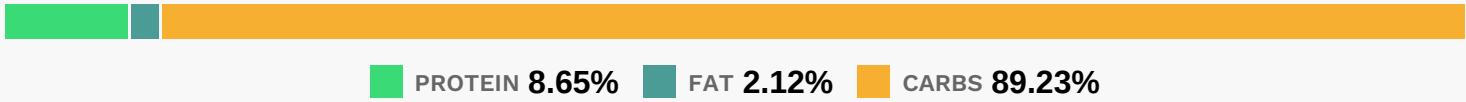
- ☐ 24 ounce lager beer chilled recommended: Modelo Especial
- ☐ 2 pinches chili powder
- ☐ 8 dashes hot sauce green recommended: Jalapeno Tabasco hot sauce
- ☐ 2 servings ice cubes
- ☐ 2 tablespoons kosher salt for rimming glasses
- ☐ 2 teaspoons brown sugar light
- ☐ 1 lime cut into 4 wedges

Equipment

Directions

- ☐ Chill 2 tall beer tumblers in the freezer.
- ☐ Put the salt into a shallow dish.
- ☐ Remove the glasses from the freezer and wet the rims using a wedge of lime. Dip the glass rims into the salt to cover.
- ☐ Add the lime wedges and ice into the glasses, then add a pinch of chili powder to each glass. Stir in 1 teaspoon of light brown sugar to each glass and 4 dashes of hot sauce. Top off with beer and serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:5.72, Inflammation Score:-8, Nutrition Score:4.2834782729978%

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: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg 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: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 174.4kcal (8.72%), Fat: 0.21g (0.33%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 18.74g (6.81%), Sugar: 4.52g (5.03%), Cholesterol: 0mg (0%), Sodium: 7021.61mg (305.29%), Alcohol: 13.27g (100%), Alcohol %: 3.71% (100%), Protein: 1.94g (3.88%), Vitamin C: 10.05mg (12.19%), Vitamin B6: 0.19mg (9.71%), Vitamin B3: 1.93mg (9.67%), Vitamin A: 313.9IU (6.28%), Magnesium: 25.03mg (6.26%), Vitamin B2: 0.1mg (5.97%), Folate: 23.44µg (5.86%), Phosphorus: 56.86mg (5.69%), Fiber: 1.29g (5.15%), Potassium: 152.86mg (4.37%), Calcium: 37.31mg (3.73%), Selenium: 2.45µg (3.49%), Manganese: 0.07mg (3.38%), Copper: 0.07mg (3.26%), Vitamin E: 0.46mg (3.04%), Iron: 0.53mg (2.95%), Vitamin B5: 0.23mg (2.27%), Vitamin B1: 0.03mg (1.98%), Vitamin K: 1.27µg (1.21%), Vitamin B12: 0.07µg (1.13%)