



Micheladas Marias



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



184 kcal

BEVERAGE

DRINK

Ingredients

- 48 ounce beer
- 3 tablespoons chili powder
- 0.3 cup kosher salt
- 4 limes quartered
- 4 servings pepper sauce red (recommended: Tabasco)
- 4 servings worcestershire sauce

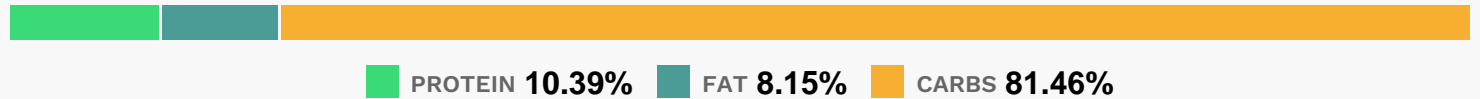
Equipment

- bowl

Directions

- In a small bowl combine salt and chili powder. Rub a wedge of lime around the rims of 4 (12-ounce) glasses and dip the glasses into the chili/salt mixture. Squeeze the juice from the lime wedges into the glasses.
- Pour the beer into each glass and then add a dash each of the red pepper sauce and the Worcestershire sauce. Drink.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:6.54, Inflammation Score:-9, Nutrition Score:9.2404347554497%

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: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg 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: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 184.08kcal (9.2%), Fat: 0.99g (1.52%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 18.32g (6.66%), Sugar: 1.66g (1.85%), Cholesterol: 0mg (0%), Sodium: 7202.33mg (313.14%), Alcohol: 13.27g (100%), Alcohol %: 3.89% (100%), Protein: 2.84g (5.68%), Vitamin A: 1813.45IU (36.27%), Vitamin C: 19.74mg (23.93%), Vitamin E: 2.44mg (16.24%), Fiber: 3.96g (15.86%), Vitamin B6: 0.31mg (15.55%), Vitamin B3: 2.58mg (12.91%), Vitamin B2: 0.16mg (9.19%), Iron: 1.62mg (9.01%), Magnesium: 33.69mg (8.42%), Potassium: 286.8mg (8.19%), Phosphorus: 78.3mg (7.83%), Manganese: 0.15mg (7.64%), Folate: 27.54µg (6.88%), Vitamin K: 6.76µg (6.43%), Copper: 0.13mg (6.4%), Calcium: 60.98mg (6.1%), Selenium: 3.56µg (5.08%), Vitamin B1: 0.05mg (3.52%), Vitamin B5: 0.34mg (3.38%), Zinc: 0.39mg (2.57%), Vitamin B12: 0.07µg (1.13%)