



## Raspberry Beer Cocktail

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



190 kcal

BEVERAGE

DRINK

### Ingredients

- 12 oz beer chilled
- 12 oz lemonade concentrate frozen thawed
- 0.8 cup raspberries fresh
- 0.5 cup vodka

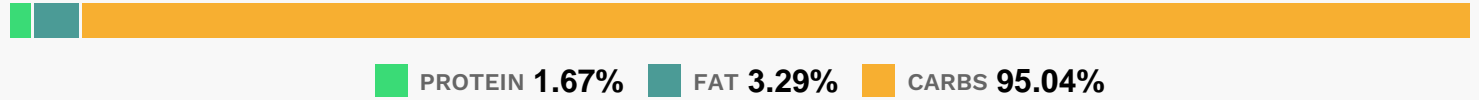
### Equipment

- bowl

# Directions

- Using the back of a spoon, mash raspberries in a bowl; transfer to a pitcher. Stir in remaining ingredients.
- Serve over ice.
- \*3/4 cup thawed frozen raspberries may be substituted.

# Nutrition Facts



# Properties

Glycemic Index:13.58, Glycemic Load:1.03, Inflammation Score:-3, Nutrition Score:2.1352174168696%

# Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

# Nutrients (% of daily need)

Calories: 189.51kcal (9.48%), Fat: 0.49g (0.76%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 30.95g (11.25%), Sugar: 25.89g (28.77%), Cholesterol: 0mg (0%), Sodium: 6.59mg (0.29%), Alcohol: 8.89g (100%), Alcohol %: 7.59% (100%), Protein: 0.57g (1.13%), Vitamin C: 11.36mg (13.77%), Manganese: 0.11mg (5.62%), Fiber: 1.15g (4.58%), Magnesium: 10.67mg (2.67%), Folate: 10.52µg (2.63%), Vitamin B6: 0.05mg (2.28%), Potassium: 78.98mg (2.26%), Vitamin B3: 0.44mg (2.21%), Phosphorus: 17.26mg (1.73%), Vitamin B5: 0.14mg (1.38%), Vitamin B1: 0.02mg (1.33%), Copper: 0.03mg (1.29%), Vitamin B2: 0.02mg (1.25%), Vitamin K: 1.28µg (1.22%), Vitamin E: 0.18mg (1.21%)