



 3%
HEALTH SCORE

Scooped: Michelada Sorbet

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



86 kcal

DESSERT

Ingredients

- 2 tablespoons hot sauce to taste (or)
- 2 juice of lime
- 8 ounces ale beer
- 4 salt
- 4 sugar dissolved in a couple tablespoons of hot water)
- 1 cup sacramento tomato juice

Equipment

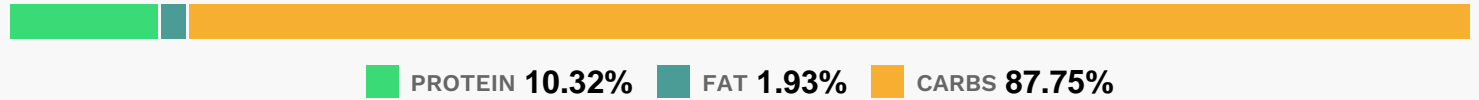
- mixing bowl

ice cream machine

Directions

- Mix all the ingredients except the salt and sugar in a mixing bowl.
- Add the salt and sugar little by little, to taste.
- Spin in ice cream machine, and enjoy!

Nutrition Facts



Properties

Glycemic Index:70.96, Glycemic Load:4.49, Inflammation Score:-7, Nutrition Score:6.5586957361387%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg

Nutrients (% of daily need)

Calories: 86.05kcal (4.3%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 13.28g (4.83%), Sugar: 6.99g (7.77%), Cholesterol: 0mg (0%), Sodium: 1136.06mg (49.39%), Alcohol: 4.42g (100%), Alcohol %: 1.99% (100%), Protein: 1.64g (3.27%), Vitamin C: 40.96mg (49.65%), Vitamin A: 582.81IU (11.66%), Vitamin B6: 0.22mg (10.94%), Potassium: 362.87mg (10.37%), Folate: 34.88µg (8.72%), Vitamin B3: 1.48mg (7.38%), Magnesium: 23.24mg (5.81%), Manganese: 0.11mg (5.4%), Vitamin B1: 0.08mg (5%), Vitamin B2: 0.08mg (4.8%), Copper: 0.09mg (4.61%), Phosphorus: 43.38mg (4.34%), Vitamin B5: 0.4mg (4.01%), Iron: 0.64mg (3.57%), Vitamin E: 0.47mg (3.14%), Vitamin K: 3.29µg (3.13%), Fiber: 0.64g (2.58%), Calcium: 22.43mg (2.24%), Zinc: 0.23mg (1.56%), Selenium: 1.09µg (1.56%)