



Shandy



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



12 ounce beer lager-style



0.5 cup pink lemonade kool-aid prepared

Equipment

Directions



Pour the beer into a pint glass. Slowly add the lemonade; stir gently.

Nutrition Facts

PROTEIN 5.47% FAT 0% CARBS 94.53%

Properties

Glycemic Index:105, Glycemic Load:14.54, Inflammation Score:-7, Nutrition Score:2.1686956409527%

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 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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 206.13kcal (10.31%), Fat: Og (0%), Saturated Fat: Og (0%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 27.04g (9.83%), Sugar: 13.96g (15.51%), Cholesterol: 0mg (0%), Sodium: 21.09mg (0.92%), Alcohol: 13.27g (100%), Alcohol %: 3.67% (100%), Protein: 1.56g (3.13%), Vitamin B3: 1.75mg (8.73%), Vitamin B6: 0.16mg (7.82%), Magnesium: 20.41mg (5.1%), Folate: 20.41µg (5.1%), Vitamin B2: 0.09mg (5%), Phosphorus: 47.63mg (4.76%), Selenium: 2.04µg (2.92%), Potassium: 91.85mg (2.62%), Vitamin B5: 0.14mg (1.39%), Calcium: 13.61mg (1.36%), Manganese: 0.03mg (1.36%), Vitamin B12: 0.07µg (1.13%), Vitamin B1: 0.02mg (1.13%)