



## Sidewalker



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

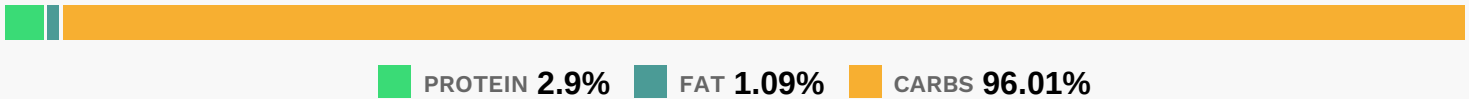
- ☐ 6 tablespoons apple cider vinegar
- ☐ 4 cups beer chilled
- ☐ 0.8 cup seltzer water chilled
- ☐ 1.3 cups juice of lemon fresh
- ☐ 8 lemon wedges
- ☐ 0.8 cup maple syrup pure (preferably Grade B)

## Equipment

# Directions

- ☐ Stir first 4 ingredients in a large pitcher.
- ☐ Add1 cup ice. Cover and refrigerate until wellchilled, about 2 hours.
- ☐ Gently stir in beer and club soda. Fill12 ounce highball glasses with ice. Dividcocktail among glasses.
- ☐ Garnish with lemonwedges and serve.

## Nutrition Facts



## Properties

Glycemic Index:17.81, Glycemic Load:9.46, Inflammation Score:-5, Nutrition Score:5.7673912744807%

## Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 5.71mg, Eriodictyol: 5.71mg, Eriodictyol: 5.71mg, Eriodictyol: 5.71mg Hesperetin: 10.54mg, Hesperetin: 10.54mg, Hesperetin: 10.54mg, Hesperetin: 10.54mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

## Nutrients (% of daily need)

Calories: 148.22kcal (7.41%), Fat: 0.15g (0.22%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 28.94g (9.65%), Net Carbohydrates: 28.32g (10.3%), Sugar: 19.54g (21.72%), Cholesterol: 0mg (0%), Sodium: 13.4mg (0.58%), Alcohol: 4.6g (100%), Alcohol %: 2.45% (100%), Protein: 0.87g (1.75%), Manganese: 0.74mg (37.1%), Vitamin C: 24.29mg (29.45%), Vitamin B2: 0.42mg (24.84%), Potassium: 172.55mg (4.93%), Calcium: 46.49mg (4.65%), Magnesium: 17.93mg (4.48%), Vitamin B6: 0.09mg (4.31%), Folate: 16.68µg (4.17%), Vitamin B3: 0.68mg (3.41%), Vitamin B1: 0.04mg (2.81%), Fiber: 0.62g (2.47%), Phosphorus: 23.35mg (2.33%), Zinc: 0.28mg (1.86%), Vitamin B5: 0.13mg (1.33%), Iron: 0.22mg (1.22%), Selenium: 0.83µg (1.18%), Copper: 0.02mg (1.04%)