



## Snakebite

 Vegetarian  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



195 kcal

BEVERAGE

DRINK

## Ingredients

- 0.3 ounce blackcurrants black (a.k.a. crème de cassis, optional)
- 8 ounces cider hard chilled
- 8 ounces lager chilled

## Equipment

## Directions

- Pour the cider and beer into a chilled glass, layering the lager on top of the cider if desired by holding a spoon over the glass and slowly pouring the lager over the back of the spoon. Top with the blackcurrant liqueur, if using.

## Nutrition Facts

**PROTEIN 6.98%** **FAT 0.4%** **CARBS 92.62%**

### Properties

Glycemic Index:40.5, Glycemic Load:3.26, Inflammation Score:-8, Nutrition Score:2.3695652212786%

### Flavonoids

Cyanidin: 4.43mg, Cyanidin: 4.43mg, Cyanidin: 4.43mg, Cyanidin: 4.43mg Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg Delphinidin: 6.35mg, Delphinidin: 6.35mg, Delphinidin: 6.35mg, Delphinidin: 6.35mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg Gallic acid: 0.18mg, Gallic acid: 0.18mg, Gallic acid: 0.18mg, Gallic acid: 0.18mg

### Nutrients (% of daily need)

Calories: 194.97kcal (9.75%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 15.15g (5.51%), Sugar: 6.01g (6.68%), Cholesterol: 0mg (0%), Sodium: 18.29mg (0.8%), Alcohol: 20.18g (100%), Alcohol %: 5.55% (100%), Protein: 1.14g (2.28%), Vitamin C: 12.83mg (15.55%), Vitamin B3: 1.18mg (5.92%), Vitamin B6: 0.11mg (5.45%), Magnesium: 15.31mg (3.83%), Phosphorus: 35.93mg (3.59%), Vitamin B2: 0.06mg (3.54%), Folate: 13.61µg (3.4%), Potassium: 84.06mg (2.4%), Selenium: 1.36µg (1.94%), Manganese: 0.04mg (1.81%), Calcium: 12.97mg (1.3%), Vitamin B5: 0.12mg (1.21%)