

Snakebite



Vegetarian



Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



199 kcal

BEVERAGE

DRINK

Ingredients



0.5 pint cider hard



0.5 pint lager

Equipment

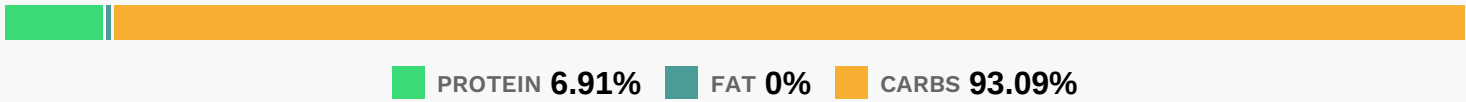
Directions



Slowly pour beer into a pint glass tilted at a 45° angle. Stand the glass upright and wait for the beer to settle.

Pour the cider directly on top of the beer.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:3.4, Inflammation Score:-8, Nutrition Score:1.5095652225225%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 198.73kcal (9.94%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 14.67g (5.33%), Sugar: 6.27g (6.97%), Cholesterol: 0mg (0%), Sodium: 18.93mg (0.82%), Alcohol: 21.06g (100%), Alcohol %: 5.64% (100%), Protein: 1.09g (2.18%), Vitamin B3: 1.21mg (6.07%), Vitamin B6: 0.11mg (5.44%), Folate: 14.2µg (3.55%), Magnesium: 14.2mg (3.55%), Vitamin B2: 0.06mg (3.48%), Phosphorus: 33.12mg (3.31%), Selenium: 1.42µg (2.03%), Potassium: 63.88mg (1.83%)