



Southern Shandy



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 36 oz beer dark chilled (not)
- ☐ 4 cups pink lemonade kool-aid chilled
- ☐ 0.5 cup peaches

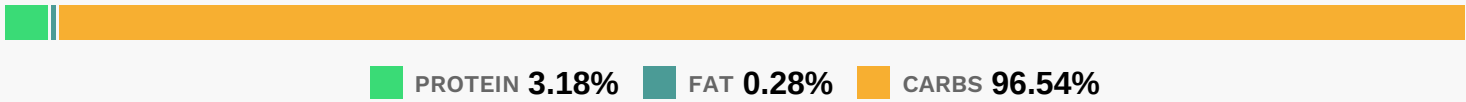
Equipment

Directions

- ☐ Stir together all ingredients.

Serve over ice.

Nutrition Facts



Properties

Glycemic Index:18.16, Glycemic Load:11.82, Inflammation Score:-4, Nutrition Score:1.0582608638898%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 118.75kcal (5.94%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.01%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 20.32g (7.39%), Sugar: 14.77g (16.41%), Cholesterol: 0mg (0%), Sodium: 13.84mg (0.6%), Alcohol: 4.98g (100%), Alcohol %: 2.47% (100%), Protein: 0.67g (1.35%), Vitamin B3: 0.73mg (3.66%), Vitamin B6: 0.06mg (3.05%), Magnesium: 8.42mg (2.11%), Folate: 8.23µg (2.06%), Vitamin B2: 0.03mg (2.05%), Phosphorus: 19.98mg (2%), Selenium: 0.97µg (1.38%), Potassium: 46.19mg (1.32%)