



Steamroller

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



1

CALORIES



395 kcal

BEVERAGE

DRINK

Ingredients

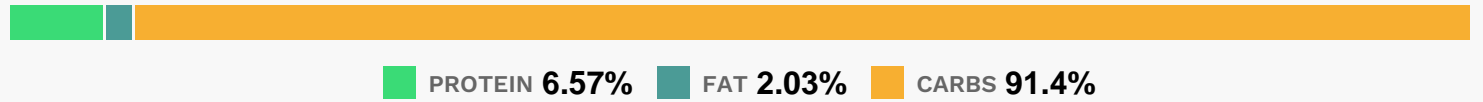
- 12 ounce beer such as anchor steam, chilled
- 1 serving ice cubes
- 1 optional: lemon
- 1 ounce juice of lemon freshly squeezed
- 0.5 ounce maraschino liqueur
- 1 ounce irish whiskey
- 1 ounce st. germain

Equipment

Directions

- Place a pint glass in the freezer to chill.
- Combine the St-Germain, lemon juice, rye, and Heering in a cocktail shaker and fill the shaker halfway with ice. Shake vigorously until the outside of the shaker is frosted. Strain into the chilled pint glass and add the lemon twist. Top with the beer.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:6.69, Inflammation Score:-8, Nutrition Score:8.1413043504176%

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 Eriodictyol: 24.45mg, Eriodictyol: 24.45mg, Eriodictyol: 24.45mg, Eriodictyol: 24.45mg Hesperetin: 34.23mg, Hesperetin: 34.23mg, Hesperetin: 34.23mg, Hesperetin: 34.23mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 394.71kcal (19.74%), Fat: 0.39g (0.6%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 39.68g (13.23%), Net Carbohydrates: 36.57g (13.3%), Sugar: 18.85g (20.94%), Cholesterol: 0mg (0%), Sodium: 18.85mg (0.82%), Alcohol: 29.2g (100%), Alcohol %: 6.13% (100%), Protein: 2.85g (5.7%), Vitamin C: 68.21mg (82.68%), Vitamin B6: 0.26mg (12.8%), Fiber: 3.11g (12.44%), Folate: 37.96µg (9.49%), Vitamin B3: 1.89mg (9.47%), Magnesium: 31.31mg (7.83%), Potassium: 270.38mg (7.73%), Phosphorus: 68.03mg (6.8%), Vitamin B2: 0.11mg (6.54%), Vitamin B1: 0.07mg (4.62%), Calcium: 45.07mg (4.51%), Iron: 0.74mg (4.14%), Vitamin B5: 0.38mg (3.82%), Copper: 0.07mg (3.72%), Selenium: 2.5µg (3.57%), Manganese: 0.07mg (3.26%), Vitamin E: 0.2mg (1.36%), Vitamin B12: 0.07µg (1.13%)