

Summer Shandy



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



12 oz beer light chilled canned



1 lemon wedges



0.5 cup pink lemonade kool-aid chilled



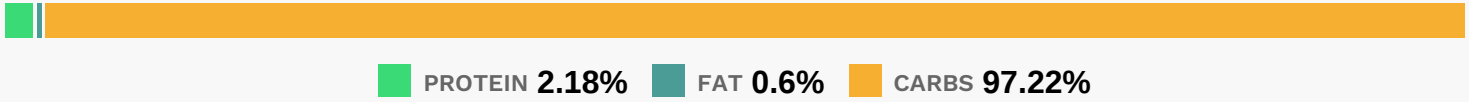
0.3 cup sugar yellow

Equipment

Directions

- ☐
- Sprinkle yellow sugar on small plate. Moisten rims of 2 glasses with lemon wedge, then dip rims into sugar.
- ☐
- Add 3/4 cup beer and 1/4 cup lemonade to each glass; stir.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:100.3, Glycemic Load:24.87, Inflammation Score:-4, Nutrition Score:1.5400000029932%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 201.93kcal (10.1%), Fat: 0.11g (0.16%), Saturated Fat: 0g (0.02%), Carbohydrates: 39.26g (13.09%), Net Carbohydrates: 39.01g (14.18%), Sugar: 32.15g (35.73%), Cholesterol: 0mg (0%), Sodium: 10.97mg (0.48%), Alcohol: 6.63g (100%), Alcohol %: 3.2% (100%), Protein: 0.88g (1.76%), Vitamin C: 4.77mg (5.78%), Vitamin B3: 0.88mg (4.41%), Vitamin B6: 0.09mg (4.27%), Vitamin B2: 0.05mg (2.89%), Folate: 11.2µg (2.8%), Magnesium: 10.93mg (2.73%), Phosphorus: 25.25mg (2.53%), Selenium: 1.21µg (1.72%), Potassium: 58.85mg (1.68%), Fiber: 0.25g (1.01%)