



The Michelada

READY IN



45 min.

SERVINGS



4

CALORIES



56 kcal

BEVERAGE

DRINK

Ingredients

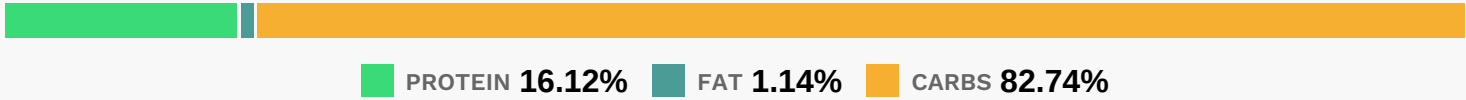
- ☐ 24 ounce beer light
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 1 teaspoon pepper sauce hot
- ☐ 6 tablespoons spicy bloody mary mix such as Tabasco
- ☐ 6 tablespoons spicy bloody mary mix such as Tabasco

Equipment

Directions

- ☐ Combine spicy Bloody Mary mix, fresh lime juice, soy sauce, hot pepper sauce, and beer.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:1.5726086983214%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 55.5kcal (2.77%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 4.21g (1.53%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 177.54mg (7.72%), Alcohol: 5.27g (100%), Alcohol %: 3.51% (100%), Protein: 0.84g (1.68%), Vitamin C: 5.29mg (6.41%), Vitamin B3: 0.73mg (3.67%), Vitamin B6: 0.07mg (3.58%), Folate: 13.54µg (3.38%), Magnesium: 12.52mg (3.13%), Phosphorus: 29.28mg (2.93%), Vitamin B2: 0.04mg (2.25%), Potassium: 68.94mg (1.97%), Manganese: 0.03mg (1.52%), Selenium: 0.72µg (1.02%), Calcium: 10.2mg (1.02%)