



Healthdor

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Sam Adams ♦♦

A delicious beer recipe made with Sam Adams beer.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 16 grams

Number of Servings: 1

Serving Size: 16 g

Ingredients

16 oz sam adams beer

Directions

Step 1

Pour the Sam Adams beer into a glass.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 198 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 16 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	16 g	29.09%	32%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

American

Italian

Kitchen Tools

Slow Cooker

Blender

Grill

Microwave

Course

Drinks

Appetizers

Salads

Desserts

Breads

Snacks

Sauces & Dressings

Diet

Anti-Inflammatory Diet

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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