



Apricot Pear Cordials



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



948 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds pears dried
- ☐ 1.5 pounds clear rock candy (see tip, below)
- ☐ 2 liters vodka

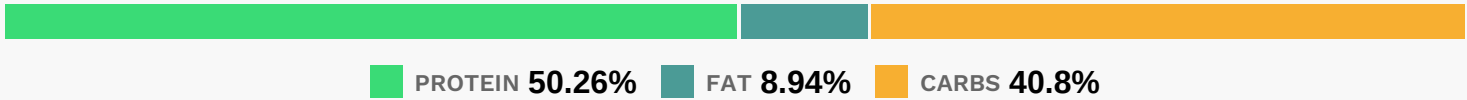
Equipment

Directions

- ☐ Divide rock candy among containers.

- ☐
- Add fruit and cover with vodka. Seal containers tightly and let stand for 6 weeks, preferably in a cool, dark place.
- ☐
- Serve as an after-dinner drink or drizzle over ice cream.
- ☐
- Rock candy can be purchased from The Original Fudge Kitchen (1-800-233-8343; www.fudgekitchens.com).

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:5.04, Inflammation Score:-8, Nutrition Score:13.641304386699%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 947.8kcal (47.39%), Fat: 1.68g (2.58%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 13.72g (4.99%), Sugar: 11.06g (12.28%), Cholesterol: 56.7mg (18.9%), Sodium: 88.43mg (3.84%), Alcohol: 112.94g (100%), Alcohol %: 25.34% (100%), Protein: 21.23g (42.46%), Selenium: 71.55µg (102.22%), Vitamin D: 4.31µg (28.73%), Phosphorus: 262.98mg (26.3%), Vitamin B12: 1.58µg (26.27%), Potassium: 572.64mg (16.36%), Vitamin B2: 0.27mg (15.6%), Vitamin B3: 2.9mg (14.48%), Fiber: 3.52g (14.06%), Vitamin B6: 0.27mg (13.55%), Magnesium: 38.56mg (9.64%), Copper: 0.17mg (8.27%), Vitamin C: 4.88mg (5.91%), Vitamin K: 4.99µg (4.75%), Folate: 18.14µg (4.54%), Vitamin B5: 0.43mg (4.33%), Vitamin B1: 0.06mg (3.77%), Vitamin E: 0.54mg (3.63%), Zinc: 0.52mg (3.48%), Manganese: 0.07mg (3.35%), Iron: 0.58mg (3.21%), Calcium: 26.08mg (2.61%)