



Asian Pear Sparkler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

Ingredients

- 24 ounce sparkling apple drink chilled
- 2 cups cucumber cubed peeled (1-inch) (1 large)
- 8 inch lemongrass fresh peeled chopped
- 2 tablespoons juice of lime fresh (2 limes)
- 4.5 cups asian pear cubed (1-inch) (3 pears)

Equipment

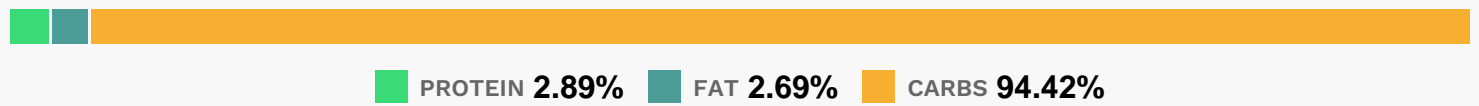
- bowl
- sieve

blender

Directions

- Place first 4 ingredients in blender; process 1 minute or until blended and almost smooth. Strain mixture through a sieve into a bowl, pressing with the back of a spoon; discard solids. Cover and refrigerate 1 hour or until thoroughly chilled.
- Pour 1/2 cup pear mixture into each of 4 glasses; top each serving with 3/4 cup sparkling apple drink, and stir gently.
- Garnish each serving with 1 pear slice, if desired.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:14.4, Inflammation Score:-5, Nutrition Score:9.6978260628555%

Flavonoids

Cyanidin: 6.4mg, Cyanidin: 6.4mg, Cyanidin: 6.4mg, Cyanidin: 6.4mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg, Epigallocatechin: 1.51mg Epicatechin: 19.62mg, Epicatechin: 19.62mg, Epicatechin: 19.62mg, Epicatechin: 19.62mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 211.45kcal (10.57%), Fat: 0.7g (1.08%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 55.6g (18.53%), Net Carbohydrates: 45.41g (16.51%), Sugar: 36.39g (40.44%), Cholesterol: 0mg (0%), Sodium: 5.59mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Fiber: 10.19g (40.77%), Manganese: 0.72mg (35.94%), Vitamin C: 20.25mg (24.55%), Potassium: 563.62mg (16.1%), Vitamin K: 16.54µg (15.76%), Copper: 0.27mg (13.51%), Magnesium: 35.76mg (8.94%), Folate: 35.34µg (8.84%), Vitamin B6: 0.17mg (8.35%), Iron: 1.5mg (8.33%), Vitamin B2: 0.12mg (7.21%), Phosphorus: 65.56mg (6.56%), Vitamin B1: 0.08mg (5.31%), Calcium: 43.37mg (4.34%), Zinc:

0.59mg (3.94%), Vitamin A: 189.36IU (3.79%), Vitamin E: 0.56mg (3.73%), Vitamin B5: 0.37mg (3.66%), Vitamin B3:
0.59mg (2.96%)