



Cranberry, fresh pear & cinnamon bubbles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



33 kcal

SIDE DISH

Ingredients

- ☐ 2 pears cored ripe peeled
- ☐ 100 ml 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 tsp ground cinnamon
- ☐ 1 bottle frangelico
- ☐ 1 bottle frangelico

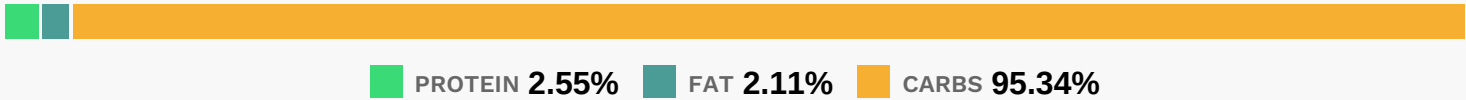
Equipment

- ☐ blender

Directions

- ☐ In a blender, pure the pears until smooth.
- ☐ Pour into a jug, then add a small splash of cranberry juice to stop the pear discolouring.
- ☐ When your guests arrive, put a few tsps pure in the bottom of each flute or glass, then add a splash more juice.
- ☐ Add a pinch of cinnamon, then top up with chilled Cava.
- ☐ Serve immediately, before making another batch with the leftover pure.

Nutrition Facts



Properties

Glycemic Index:12.22, Glycemic Load:2.89, Inflammation Score:-1, Nutrition Score:1.5073912778626%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 33.12kcal (1.66%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 7.18g (2.61%), Sugar: 5.97g (6.63%), Cholesterol: 0mg (0%), Sodium: 0.78mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Fiber: 1.74g (6.95%), Manganese: 0.13mg (6.74%), Vitamin C: 3.18mg (3.86%), Vitamin K: 2.84µg (2.71%), Copper: 0.05mg (2.3%), Potassium: 64.71mg (1.85%), Vitamin E: 0.23mg (1.53%), Calcium: 11.59mg (1.16%), Magnesium: 4.31mg (1.08%), Vitamin B6: 0.02mg (1.04%)