

Dreams Never End

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



1

CALORIES



1214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 anjou pear red cored sliced thin
- 1 cup t brown sugar dark
- 0.5 tablespoon lemon zest
- 1 serving cranberry-orange relish
- 0.5 ounce pears
- 1.5 ounce irish whiskey
- 0.8 ounce mirin sweet
- 1 cup water

Equipment

pot

Directions

- Combine pear and water in a pot, bring to a boil and cook until pears have softened and turned slightly translucent, about 6 minutes. Reduce heat to a simmer.
- Add brown sugar and let simmer 30 minutes. Stir in lemon zest.
- Let cool 10 minutes, then strain. Syrup can be kept in a sealed container in the refrigerator up to 5 days.
- Pour rye, Carpano Antica, pear syrup, and Fernet into a mixing glass. Fill with ice. Stir until well chilled. Strain into a rocks glass filled with fresh ice.
- Garnish with orange twist.

Nutrition Facts

PROTEIN 0.87% **FAT 0.5%** **CARBS 98.63%**

Properties

Glycemic Index:131, Glycemic Load:20.06, Inflammation Score:-7, Nutrition Score:15.463043389113%

Flavonoids

Cyanidin: 7.63mg, Cyanidin: 7.63mg, Cyanidin: 7.63mg, Cyanidin: 7.63mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 2.18mg, Epigallocatechin: 2.18mg, Epigallocatechin: 2.18mg, Epigallocatechin: 2.18mg Epicatechin: 13.92mg, Epicatechin: 13.92mg, Epicatechin: 13.92mg, Epicatechin: 13.92mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 1214.03kcal (60.7%), Fat: 0.64g (0.98%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 284.02g (94.67%), Net Carbohydrates: 270.07g (98.21%), Sugar: 258.07g (286.75%), Cholesterol: 0mg (0%), Sodium: 77.31mg (3.36%), Alcohol: 17.33g (100%), Alcohol %: 2.23% (100%), Protein: 2.5g (5.01%), Vitamin C: 67.67mg (82.02%), Fiber: 13.95g (55.81%), Calcium: 263.03mg (26.3%), Potassium: 890.13mg (25.43%), Copper: 0.49mg (24.7%), Manganese: 0.34mg (17.22%), Vitamin K: 16.29µg (15.51%), Magnesium: 57.53mg (14.38%), Folate: 55.5µg (13.88%), Iron: 2.35mg (13.06%), Vitamin B6: 0.26mg (12.84%), Vitamin B1: 0.13mg (8.53%), Vitamin B2: 0.14mg (7.95%), Vitamin B5: 0.71mg (7.06%), Phosphorus: 67.46mg (6.75%), Vitamin A: 296.54IU (5.93%), Vitamin B3: 1.13mg (5.63%), Selenium: 3.48µg (4.97%), Vitamin E: 0.61mg (4.09%), Zinc: 0.54mg (3.59%)