

## Fresh-Pear Bellinis

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



25

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup juice of lemon fresh
- 4 ounces pear-flavored vodka
- 4 pears ripe
- 1 cup caster sugar
- 4 bottles prosecco chilled
- 4 bottles prosecco chilled

### Equipment

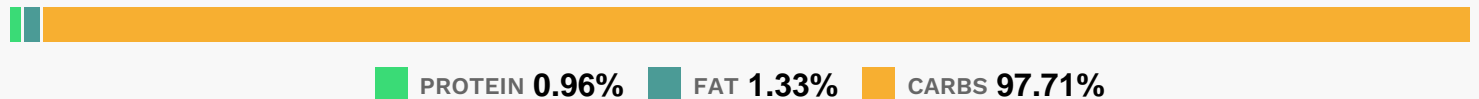
- bowl

blender

## Directions

- Bring 1/2 cup sugar and 1/2 cup water to a boil. Reduce heat; simmer, stirring until sugar dissolves, about 3 minutes.
- Transfer to a bowl; chill for 1 hour.
- Place 2 oz. vodka in a shallow dish.
- Place remaining 1/2 cup sugar in a separate shallow dish. Dip glass rims in vodka; coat in sugar.
- Pour juice into a bowl. Peel, core and cut pears into small pieces; toss in juice.
- Place fruit, juice, 2 oz. vodka and cooled syrup in blender. Blend until smooth.
- Spoon 2 to 3 Tbsp. pear puree into 10 glasses; top with prosecco.
- Serve right away.

## Nutrition Facts



## Properties

Glycemic Index:5.74, Glycemic Load:7.05, Inflammation Score:-1, Nutrition Score:0.75956522284643%

## Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 50.33kcal (2.52%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 12.18g (4.43%), Sugar: 11.28g (12.54%), Cholesterol: 0mg (0%), Sodium: 0.44mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Fiber: 1.03g (4.13%), Vitamin C: 2.68mg (3.25%), Copper:

0.03mg (1.41%), Vitamin K: 1.45µg (1.38%), Potassium: 41.81mg (1.19%)