

Fresh Pear Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



124 kcal

Ingredients

- ☐ 1 tablespoon agave syrup (or sugar syrup)
- ☐ 1 medium bosc pear
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon pomegranate juice
- ☐ 2 tablespoons vodka
- ☐ 3 tablespoons cidre doux

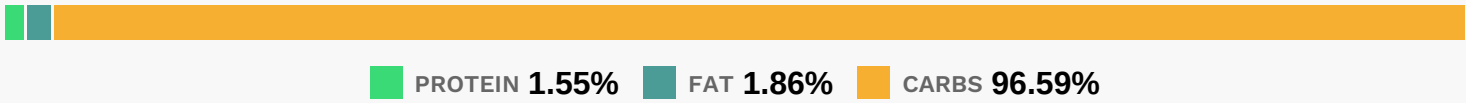
Equipment

- ☐ measuring cup
- ☐ cheesecloth

Directions

- ☐ Shred pear; place shredded pear pulp on several layers of cheesecloth. Gather edges of cheesecloth together, and squeeze over a glass measuring cup to yield 1/3 cup fresh pear juice. Discard solids.
- ☐ Combine pear juice, vodka, pomegranate juice, lime juice, and agave syrup in a martini shaker with ice; shake. Strain about 3 tablespoons of the vodka mixture into each of 2 martini glasses. Top each serving with 1 1/2 tablespoons cider.
- ☐ Garnish with pear slices, if desired.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:5.16, Inflammation Score:0, Nutrition Score:2.5408695819585%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg 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 Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 123.8kcal (6.19%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 20.33g (7.39%), Sugar: 16.88g (18.75%), Cholesterol: 0mg (0%), Sodium: 2.28mg (0.1%), Alcohol: 5.01g (100%), Alcohol %: 4.91% (100%), Protein: 0.37g (0.74%), Fiber: 2.82g (11.27%), Vitamin C: 7.87mg (9.54%), Vitamin K: 7.09µg (6.75%), Copper: 0.08mg (3.95%), Potassium: 128.41mg (3.67%), Folate: 11.9µg (2.98%), Vitamin B6: 0.06mg (2.81%), Manganese: 0.05mg (2.58%), Vitamin B2: 0.04mg (2.57%), Magnesium: 7.45mg (1.86%), Vitamin B1: 0.03mg (1.81%), Vitamin E: 0.25mg (1.7%), Phosphorus: 13.4mg (1.34%), Vitamin B3: 0.24mg (1.22%), Iron: 0.19mg (1.03%)