



Gotta Wear Shades



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



1

CALORIES



1754 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 dash cherries (such as Fee Brothers or Bittercube Cherry Bark Vanilla Bitters)
- ☐ 4 tablespoons orange juice (no pulp)
- ☐ 1 serving pears shaved
- ☐ 1 serving sparkling wine
- ☐ 2 cups sugar
- ☐ 1 coarsely sugar cubes

Equipment

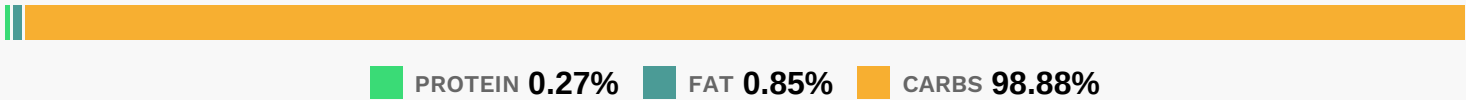
- ☐ bowl

- ☐ oven
- ☐ ice cube tray

Directions

- ☐ Mix the sugar and orange juice in a bowl until evenly distributed.
- ☐ Pour the mix into a metal mini ice cube tray or silicone candy mold and bake in oven at 200°F until hard and dry, about 1 hour.
- ☐ Let cool.
- ☐ For each cocktail, place one orange sugar cube into flute glass.
- ☐ Add cherry bitters, top with sparkling wine.
- ☐ Garnish with strands of shaved pear.

Nutrition Facts



Properties

Glycemic Index:250.93, Glycemic Load:293.05, Inflammation Score:-5, Nutrition Score:7.7252174045729%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.29mg, Epicatechin: 6.29mg, Epicatechin: 6.29mg, Epicatechin: 6.29mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 8.13mg, Hesperetin: 8.13mg, Hesperetin: 8.13mg, Hesperetin: 8.13mg Naringenin: 1.46mg, Naringenin: 1.46mg, Naringenin: 1.46mg, Naringenin: 1.46mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 1753.77kcal (87.69%), Fat: 1.66g (2.56%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 436.58g (145.53%), Net Carbohydrates: 431.28g (156.83%), Sugar: 426.92g (474.35%), Cholesterol: 0mg (0%), Sodium: 16.74mg (0.73%), Alcohol: 9.47g (100%), Alcohol %: 1.53% (100%), Protein: 1.19g (2.38%), Vitamin C: 41.21mg

(49.95%), Fiber: 5.3g (21.21%), Potassium: 469.1mg (13.4%), Copper: 0.21mg (10.56%), Vitamin B2: 0.16mg (9.14%), Magnesium: 34.01mg (8.5%), Folate: 33.54µg (8.39%), Vitamin K: 7.39µg (7.04%), Iron: 1.23mg (6.85%), Vitamin B1: 0.08mg (5.43%), Phosphorus: 53.89mg (5.39%), Manganese: 0.11mg (5.3%), Vitamin B6: 0.11mg (5.27%), Selenium: 2.95µg (4.22%), Calcium: 39.91mg (3.99%), Vitamin A: 178.14IU (3.56%), Vitamin B3: 0.69mg (3.44%), Zinc: 0.36mg (2.4%), Vitamin B5: 0.21mg (2.13%), Vitamin E: 0.23mg (1.51%)