



Infused Rye Whiskey

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



195 kcal

BEVERAGE

DRINK

Ingredients

- 8 pears ripe coarsely chopped
- 750 milliliter rye whiskey (such as Bulleit)
- 16 sage leaves thinly sliced
- 1 cup sugar
- 2 vanilla beans split
- 0.5 cup water boiling

Equipment

- bowl

- oven
- baking pan
- measuring cup

Directions

- Combine 1 cup sugar and 1/2 cup boiling water in a 2-cup glass measuring cup, stirring until sugar dissolves. Set aside.
- Preheat oven to 30
- Combine sage and pears in a 13 x 9-inch glass or ceramic baking dish. Scrape seeds from vanilla beans; add seeds to pear mixture. Chop beans; add to pear mixture.
- Add 3 tablespoons sugar syrup to pear mixture (reserve remaining sugar syrup for another use).
- Bake pear mixture at 300 for 20 minutes or until pears are browned and mixture is fragrant.
- Combine warm pear mixture and whiskey in a large bowl.
- Pour mixture into a container with a lid; cover and store in a cool, dark place for 1 week, shaking occasionally. Strain out solids when ready to use.

Nutrition Facts



■ PROTEIN 1.19%
 ■ FAT 1.83%
 ■ CARBS 96.98%

Properties

Glycemic Index:2.88, Glycemic Load:3.52, Inflammation Score:-2, Nutrition Score:1.8973913043737%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Catechin: 0.21mg, Catechin: 0.21mg,
 Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg,
 Epigallocatechin: 0.47mg Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg
 Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate:
 0.02mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate:
 0.13mg, Epigallocatechin 3-gallate: 0.13mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg,
 Isorhamnetin: 0.24mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 194.69kcal (9.73%), Fat: 0.2g (0.3%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 20.85g (7.58%), Sugar: 18.78g (20.86%), Cholesterol: 0mg (0%), Sodium: 1.45mg (0.06%), Alcohol: 14.96g (100%), Alcohol %: 13.64% (100%), Protein: 0.29g (0.57%), Fiber: 2.45g (9.82%), Copper: 0.18mg (9.1%), Vitamin C: 3.4mg (4.12%), Vitamin K: 3.48µg (3.32%), Potassium: 95.56mg (2.73%), Manganese: 0.05mg (2.5%), Magnesium: 5.89mg (1.47%), Folate: 5.54µg (1.38%), Vitamin B2: 0.02mg (1.24%), Vitamin B6: 0.02mg (1.15%), Iron: 0.2mg (1.09%), Phosphorus: 10.86mg (1.09%)