



Lemon Honey & Pear Syllabub



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 4 tbsp manuka honey with lemon (you can use any honey)
- ☐ 2 tbsp juice of lemon freshly squeezed
- ☐ 2 tsp caster sugar

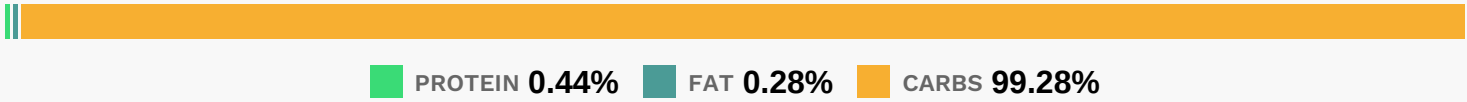
Equipment

- ☐ whisk

Directions

- ☐
- Whip up the cream, honey, sugar, lemon peel and juice until thick. I used an electric whisk, but you can whisk it by hand.
- ☐
- Add the cider and blend until smooth and creamy.
- ☐
- Pour into two wine glasses and chill until ready to serve. It's as simple as that, but absolutely delicious.

Nutrition Facts



Properties

Glycemic Index:61.18, Glycemic Load:20.98, Inflammation Score:-1, Nutrition Score:0.82782608286842%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 147.15kcal (7.36%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 39.83g (13.28%), Net Carbohydrates: 39.7g (14.44%), Sugar: 39.05g (43.39%), Cholesterol: 0mg (0%), Sodium: 1.87mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin C: 6.01mg (7.29%), Manganese: 0.04mg (1.78%), Vitamin B2: 0.02mg (1.12%), Potassium: 37.37mg (1.07%), Iron: 0.19mg (1.06%)