

Peachy Pear Cocktail



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



89 kcal

BEVERAGE

DRINK

Ingredients

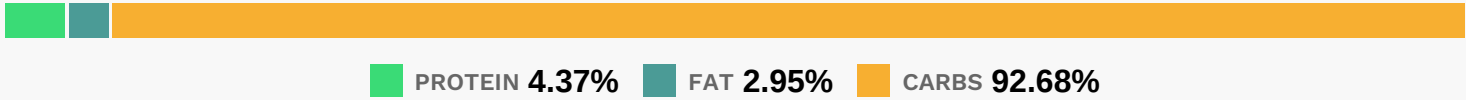
- ☐ 4 servings ice cubes
- ☐ 1 can peach nectar
- ☐ 0.3 cup peach schnapps
- ☐ 1 slices peaches for garnish
- ☐ 1 can pear nectar
- ☐ 2 cups seltzer water
- ☐ 0.3 cup vodka

Equipment

Directions

- ☐ In a large pitcher, stir together the nectars, seltzer, vodka and schnapps, if using.
- ☐ Pour over ice-filled glasses and garnish with slices of peach or pear if desired.

Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:1.1260869503021%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 89kcal (4.45%), Fat: 0.11g (0.16%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 6.86g (2.49%), Sugar: 6.72g (7.47%), Cholesterol: 0mg (0%), Sodium: 32.83mg (1.43%), Alcohol: 5.01g (100%), Alcohol %: 2.61% (100%), Protein: 0.35g (0.7%), Vitamin A: 126.16IU (2.52%), Copper: 0.05mg (2.39%), Fiber: 0.58g (2.32%), Vitamin C: 1.58mg (1.92%), Vitamin E: 0.28mg (1.88%), Vitamin B3: 0.31mg (1.55%), Zinc: 0.21mg (1.42%), Potassium: 49.59mg (1.42%), Manganese: 0.02mg (1.24%), Magnesium: 4.84mg (1.21%), Selenium: 0.81µg (1.16%), Vitamin K: 1.16µg (1.11%)