



Pear and Cranberry Cocktail

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



8

CALORIES



222 kcal

BEVERAGE

DRINK

Ingredients

- 4 cups cranberry juice cocktail
- 1.5 cups pears
- 0.5 cup pear liqueur orange-flavored
- 0.3 cup juice of lime
- 1 serving ice cubes
- 8 slices pears fresh
- 8 sprigs mint leaves fresh

Equipment

Directions

- In pitcher, stir together cranberry juice cocktail, vodka, liqueur and lime juice.
- Fill 8 glasses with ice.
- Pour cocktail over ice.
- Garnish with pear slices and mint sprigs.

Nutrition Facts



Properties

Glycemic Index:16.69, Glycemic Load:17.81, Inflammation Score:-4, Nutrition Score:7.0173914639846%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 7.65mg, Epicatechin: 7.65mg, Epicatechin: 7.65mg, Epicatechin: 7.65mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 222.3kcal (11.12%), Fat: 0.38g (0.58%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 49.54g (16.51%), Net Carbohydrates: 44.16g (16.06%), Sugar: 37.53g (41.7%), Cholesterol: 0mg (0%), Sodium: 5.04mg (0.22%), Alcohol: 5.97g (100%), Alcohol %: 2.31% (100%), Protein: 0.68g (1.36%), Vitamin C: 63.41mg (76.87%), Fiber: 5.39g (21.54%), Vitamin K: 8.8µg (8.38%), Copper: 0.16mg (7.93%), Manganese: 0.16mg (7.78%), Potassium: 229.67mg (6.56%), Magnesium: 14.65mg (3.66%), Folate: 13.81µg (3.45%), Vitamin E: 0.5mg (3.33%), Vitamin B2: 0.05mg (2.83%), Iron: 0.49mg (2.72%), Vitamin B6: 0.05mg (2.68%), Phosphorus: 23.48mg (2.35%), Calcium: 22.81mg (2.28%), Vitamin A: 98.93IU (1.98%), Vitamin B3: 0.35mg (1.77%), Vitamin B5: 0.16mg (1.62%), Vitamin B1: 0.02mg (1.54%), Zinc: 0.23mg

(1.51%)