



Pear and Cranberry Orange Cocktail



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



234 kcal

BEVERAGE

DRINK

Ingredients

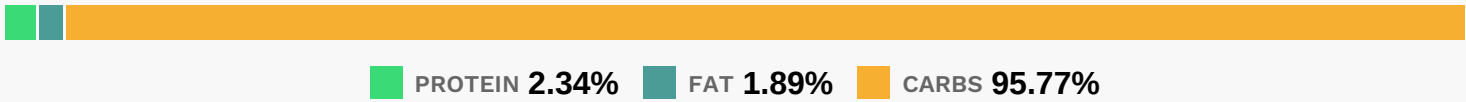
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.8 cup pears
- ☐ 0.3 cup pear liqueur orange-flavored
- ☐ 1 juice of lime
- ☐ 1 serving ice cubes
- ☐ 4 pears fresh
- ☐ 4 mint leaves fresh

Equipment

Directions

- ☐ In pitcher, stir together cranberry juice, vodka, liqueur and lime juice.
- ☐ Fill 4 glasses to brim with ice.
- ☐ Pour cocktail over ice.
- ☐ Garnish each with pear slice and mint sprig.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:17.83, Inflammation Score:-4, Nutrition Score:6.7560869351677%

Flavonoids

Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 7.83mg, Epicatechin: 7.83mg, Epicatechin: 7.83mg, Epicatechin: 7.83mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 233.82kcal (11.69%), Fat: 0.47g (0.72%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 53.67g (17.89%), Net Carbohydrates: 46.98g (17.08%), Sugar: 41.49g (46.1%), Cholesterol: 0mg (0%), Sodium: 5.77mg (0.25%), Alcohol: 5.97g (100%), Alcohol %: 2.03% (100%), Protein: 1.31g (2.62%), Vitamin C: 23.28mg (28.22%), Fiber: 6.69g (26.76%), Vitamin K: 15.66µg (14.91%), Copper: 0.25mg (12.39%), Vitamin E: 1.78mg (11.9%), Potassium: 353.37mg (10.1%), Vitamin B6: 0.13mg (6.51%), Magnesium: 23.7mg (5.93%), Manganese: 0.11mg (5.65%), Vitamin B2: 0.08mg (4.75%), Folate: 17.73µg (4.43%), Phosphorus: 43.21mg (4.32%), Iron: 0.75mg (4.16%), Calcium: 32.76mg (3.28%), Vitamin A: 155.2IU (3.1%), Vitamin B1: 0.04mg (2.6%), Vitamin B3: 0.48mg (2.39%), Zinc: 0.35mg (2.35%), Vitamin B5: 0.11mg (1.15%)