

## Pear-Basil Sipper



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



87 kcal

SIDE DISH

### Ingredients



3 basil fresh



1 cup ice crushed



3 tablespoons lemon lime soda soft



3 tablespoons pears



4 tablespoons pear nectar



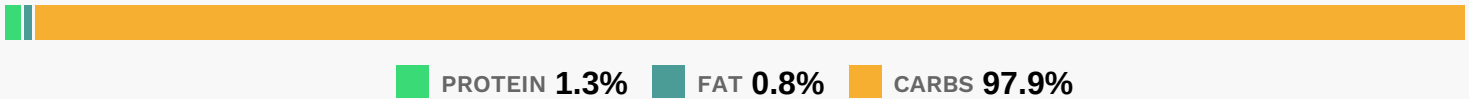
0.5 teaspoon sugar

### Equipment

# Directions

- ☐ Muddle basil leaves and sugar in a cocktail shaker.
- ☐ Add crushed ice, pear nectar, and pear-flavored vodka. Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds).
- ☐ Pour into a glass, and top with lemon-lime soft drink.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:176.84, Glycemic Load:3.38, Inflammation Score:-1, Nutrition Score:1.856086935686%

## Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 86.94kcal (4.35%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 20.98g (7.63%), Sugar: 19.84g (22.04%), Cholesterol: 0mg (0%), Sodium: 19.14mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.65mg (2.22%), Protein: 0.3g (0.6%), Vitamin K: 8µg (7.62%), Fiber: 1.75g (7%), Copper: 0.12mg (5.93%), Vitamin C: 2.77mg (3.36%), Manganese: 0.05mg (2.64%), Magnesium: 8.46mg (2.11%), Potassium: 63.17mg (1.8%), Calcium: 17.08mg (1.71%), Iron: 0.28mg (1.56%), Vitamin A: 74.98IU (1.5%), Vitamin B2: 0.02mg (1.21%), Vitamin B6: 0.02mg (1.15%), Folate: 4.51µg (1.13%)