



Pear Cranberry Sparklers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



46 kcal

SIDE DISH

Ingredients



0.5 cup 1/4 cup dried cranberry (juice sweetened if possible) unsweetened for a sweeter drink (or)



2 cups pear nectar



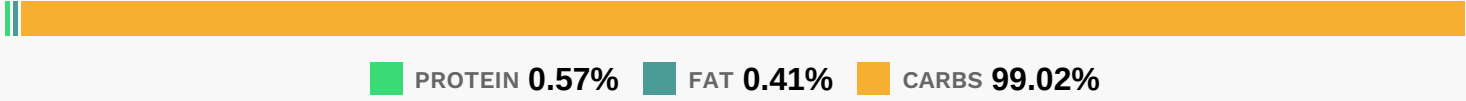
8 servings seltzer to top off

Equipment

Directions

- ☐
- Combine nectar and juice up to 3 days in advance.
- ☐
- Pour into champagne flutes or wineglasses; top with seltzer or Prosecco right before serving.
- ☐
- Self

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:1.28, Inflammation Score:-1, Nutrition Score:0.87782607632487%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 46.04kcal (2.3%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 11.63g (4.23%), Sugar: 11.38g (12.65%), Cholesterol: 0mg (0%), Sodium: 3.03mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin C: 7.38mg (8.94%), Copper: 0.04mg (2.18%), Fiber: 0.38g (1.5%), Manganese: 0.03mg (1.32%), Vitamin K: 1.28µg (1.22%)