

Pear Mimosas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

Ingredients

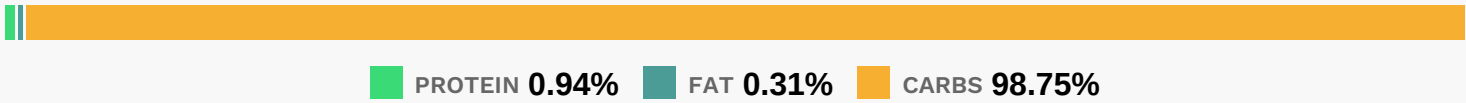
- ☐ 2 bottles champagne chilled (or ginger ale)
- ☐ 1 lime cut into 8 wedges
- ☐ 4 cups pear nectar

Equipment

Directions

For each serving, pour 3/4 cup of Champagne (or ginger ale) into a flute or wineglass and top with 1/2 cup of pear nectar. Squeeze and drop in 1 wedge of lime.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.2182608559404%

Flavonoids

Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 77.6kcal (3.88%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 19.67g (7.15%), Sugar: 19.16g (21.29%), Cholesterol: 0mg (0%), Sodium: 5.18mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.39%), Vitamin C: 3.81mg (4.62%), Copper: 0.09mg (4.46%), Fiber: 0.98g (3.94%), Vitamin K: 2.3µg (2.19%), Iron: 0.38mg (2.09%), Manganese: 0.04mg (1.91%), Magnesium: 4.26mg (1.06%), Vitamin B6: 0.02mg (1.06%), Vitamin B2: 0.02mg (1.05%)