

## Pear, Poire

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 teaspoons granulated sugar
- 1 juice of lemon freshly squeezed
- 0.8 cup pears such as belle de brillet
- 1 small pears ripe
- 750 milliliter sparkling wine chilled

## Equipment

- food processor
- bowl

blender

## Directions

- Combine lemon juice and sugar in a bowl and stir. Peel, core, and chop pear into small dice.
- Combine pear, pear eau de vie, and lemon juice mixture in a blender or food processor and purée until smooth. Divide mixture evenly among six glasses. Top with sparkling wine and serve.

## Nutrition Facts

PROTEIN 2.56% FAT 1.71% CARBS 95.73%

## Properties

Glycemic Index:23.93, Glycemic Load:2.92, Inflammation Score:-4, Nutrition Score:1.7599999975899%

## Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg 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: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg 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 Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 92.86kcal (4.64%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 8.54g (3.1%), Sugar: 7.26g (8.06%), Cholesterol: 0mg (0%), Sodium: 9.24mg (0.4%), Alcohol: 7.98g (100%), Alcohol %: 5.75% (100%), Protein: 0.27g (0.53%), Fiber: 1.4g (5.61%), Potassium: 166.86mg (4.77%), Vitamin C: 3.86mg (4.68%), Magnesium: 15.9mg (3.98%), Iron: 0.58mg (3.24%), Copper: 0.05mg (2.57%), Phosphorus: 24.48mg (2.45%), Vitamin B6: 0.04mg (2.01%), Vitamin K: 1.97µg (1.88%), Calcium: 15.57mg (1.56%), Vitamin B2: 0.03mg (1.48%), Folate: 5.38µg (1.35%), Manganese: 0.02mg (1.11%), Vitamin B3: 0.2mg (1.01%)