



Pear Punch Sparkler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



147 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 cups pear vodka
- ☐ 23 oz pear nectar canned
- ☐ 2 slightly underripe and pears green red thinly sliced
- ☐ 2 bottles mirin sweet such as pacific rim (750 ml. each)
- ☐ 750 ml california brut sparkling wine
- ☐ 0.5 cup triple sec

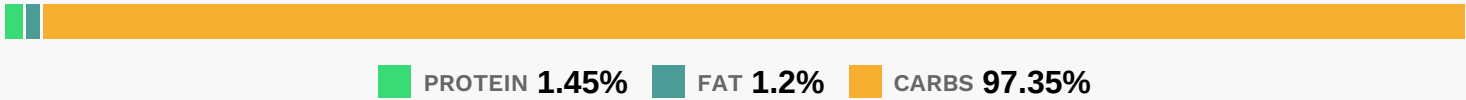
Equipment

☐ bowl

Directions

☐ Mix all ingredients except sparkling wine in a pitcher. Chill until ready to serve, at least 1 hour and up to 1 day ahead. To serve, pour into a large punch bowl; add sparkling wine and ice cubes.

Nutrition Facts



Properties

Glycemic Index:7.35, Glycemic Load:2.66, Inflammation Score:-3, Nutrition Score:2.2313043501066%

Flavonoids

Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 147kcal (7.35%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 22.02g (8.01%), Sugar: 20.47g (22.75%), Cholesterol: 0mg (0%), Sodium: 9.42mg (0.41%), Alcohol: 7.88g (100%), Alcohol %: 4.65% (100%), Caffeine: 3.07mg (1.02%), Protein: 0.36g (0.72%), Fiber: 2.25g (9.01%), Vitamin C: 4.45mg (5.39%), Copper: 0.11mg (5.31%), Potassium: 150.25mg (4.29%), Vitamin K: 3.8µg (3.62%), Magnesium: 14.15mg (3.54%), Iron: 0.59mg (3.25%), Manganese: 0.05mg (2.53%), Vitamin B6: 0.04mg (2.14%), Phosphorus: 21.3mg (2.13%), Vitamin B2: 0.03mg (1.96%), Calcium: 15.67mg (1.57%), Folate: 6.18µg (1.55%), Vitamin B3: 0.27mg (1.37%), Zinc: 0.17mg (1.14%)