



Pear Sidecar

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



194 kcal

SIDE DISH

Ingredients

- 1 tablespoon juice of lemon
- 0.3 cup pears
- 1 pears fresh thick
- 2 tablespoons pear juice unsweetened
- 1 tablespoon simple syrup glaze (see Notes)

Equipment

- frying pan

Directions

- Fill a cocktail shaker with ice.
- Pour brandy, pear juice, lemon juice, and simple syrup over ice. Cover and shake vigorously for 1 minute. Strain and pour into a chilled martini glass.
- Garnish with sliced pear.
- Serve immediately.
- Notes: To make simple syrup, cook 1/2 cup each sugar and water in a small pan over medium heat until sugar dissolves and mixture turns clear; cool before using. Can be kept, covered and chilled, for 6 months.

Nutrition Facts

 PROTEIN 1.55%  FAT 1.42%  CARBS 97.03%

Properties

Glycemic Index:73.5, Glycemic Load:9.7, Inflammation Score:-3, Nutrition Score:5.9495652421661%

Flavonoids

Cyanidin: 4.5mg, Cyanidin: 4.5mg, Cyanidin: 4.5mg, Cyanidin: 4.5mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 8.21mg, Epicatechin: 8.21mg, Epicatechin: 8.21mg, Epicatechin: 8.21mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 194.4kcal (9.72%), Fat: 0.34g (0.53%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 52.41g (17.47%), Net Carbohydrates: 45.57g (16.57%), Sugar: 38.48g (42.76%), Cholesterol: 0mg (0%), Sodium: 16.33mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin C: 25.33mg (30.7%), Fiber: 6.84g (27.36%), Copper: 0.2mg (10.24%), Vitamin K: 10.62µg (10.12%), Potassium: 320.22mg (9.15%), Iron: 1.12mg (6.25%), Manganese: 0.11mg (5.33%), Magnesium: 20.58mg (5.14%), Folate: 19.48µg (4.87%), Vitamin B2: 0.08mg (4.71%), Vitamin B1: 0.06mg (3.92%), Vitamin B6: 0.07mg (3.66%), Phosphorus: 32.59mg (3.26%), Calcium: 26.74mg

(2.67%), Vitamin B3: 0.47mg (2.38%), Vitamin E: 0.31mg (2.08%), Zinc: 0.29mg (1.92%), Vitamin B5: 0.13mg (1.27%),
Vitamin A: 55.46IU (1.11%)