



Pear Tree



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



15 kcal

SIDE DISH

Ingredients

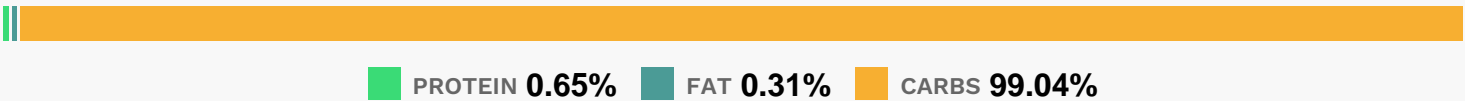
- ☐ 4 mint leaves fresh for garnish
- ☐ 1 cup ice cubes
- ☐ 2 tablespoons lemon-lime juice
- ☐ 0.3 cup pear juice
- ☐ 2 tablespoons simple syrup glaze

Equipment

Directions

- ☐ Put all ingredients except mint sprig in a cocktail shaker and shake until well blended, about 10 seconds.
- ☐ Pour drink with ice into a tumbler or a snifter.
- ☐ Garnish with mint sprig.
- ☐ Bar Essentials: Have these on hand for mixing great mocktails.
- ☐ Simple Syrup: Equal parts sugar and water, heated until the sugar dissolves. (Your yield will be the same as the amount of water you use.)
- ☐ Lemon-Lime Juice: Equal parts freshly squeezed lemon and lime juice, for adding acidity in a flash.
- ☐ Fresh Lemons, Limes, and Oranges: To make juice, wedges for squeezing or moistening the rim of a glass, or twists of zest for extra citrus aroma.
- ☐ Superfine Sugar: Dissolves easily and makes a nice garnish on the rim of a glass.
- ☐ Fresh Herbs: Basil, mint, and tarragon add complexity, texture, and visual appeal.
- ☐ Purchased Ice: For a big party, it's hard to make enough ice at home. Besides cooling, ice helps blend flavors in the shaker.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.46391305181643%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 15.34kcal (0.77%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 4.17g (1.52%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 4.35mg (0.19%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%), Vitamin C: 3.82mg (4.63%)