



Sparkling Pear-Brandy Cider

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



249 kcal

BEVERAGE

DRINK

Ingredients

- 1500 milliliter sparkling apple cider chilled
- 1 liter club soda chilled
- 0.3 cup honey
- 2 cups pear nectar chilled

Equipment

Directions

Stir together chilled pear nectar, honey, and, if desired, brandy. Stir in chilled sparkling apple cider and chilled club soda.

Nutrition Facts

PROTEIN 0.71% **FAT 1.38%** **CARBS 97.91%**

Properties

Glycemic Index:18.6, Glycemic Load:20.82, Inflammation Score:-1, Nutrition Score:3.2739130485317%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 3.74mg, Catechin: 3.74mg, Catechin: 3.74mg, Catechin: 3.74mg Epicatechin: 14.09mg, Epicatechin: 14.09mg, Epicatechin: 14.09mg, Epicatechin: 14.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 249.18kcal (12.46%), Fat: 0.4g (0.61%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 63.58g (21.19%), Net Carbohydrates: 62.35g (22.67%), Sugar: 57.9g (64.34%), Cholesterol: 0mg (0%), Sodium: 58.65mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Manganese: 0.27mg (13.35%), Potassium: 328.06mg (9.37%), Copper: 0.12mg (6.05%), Magnesium: 20.3mg (5.08%), Fiber: 1.23g (4.93%), Vitamin C: 3.88mg (4.7%), Vitamin B1: 0.06mg (4.32%), Vitamin B2: 0.07mg (4.14%), Calcium: 39.96mg (4%), Iron: 0.71mg (3.95%), Vitamin B6: 0.07mg (3.6%), Phosphorus: 24.63mg (2.46%), Zinc: 0.37mg (2.45%), Vitamin B3: 0.37mg (1.83%), Vitamin B5: 0.18mg (1.8%), Vitamin K: 1.8µg (1.71%)