



Spicy Pear-tini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

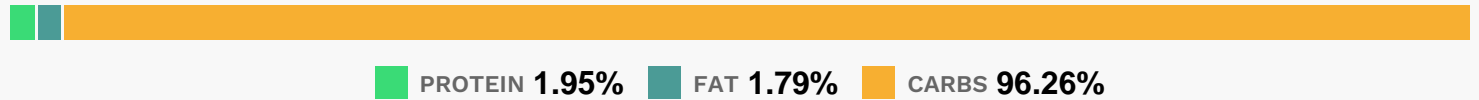
- 1 serving cinnamon sugar
- 1 ounce orange juice
- 1 ounce pears
- 1 serving pears sliced
- 1 ounce spiced rum

Equipment

Directions

- Combine pear vodka or pear brandy, spiced rum, and pear nectar, apple juice, or orange juice in an ice-filled shaker. Shake vigorously, and strain into a cocktail glass rimmed with cinnamon sugar.
- Garnish with a sliced pear.

Nutrition Facts



Properties

Glycemic Index:210.59, Glycemic Load:18.52, Inflammation Score:-4, Nutrition Score:5.1621738944365%

Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 7.31mg, Epicatechin: 7.31mg, Epicatechin: 7.31mg, Epicatechin: 7.31mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 235.22kcal (11.76%), Fat: 0.37g (0.56%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 44.44g (14.81%), Net Carbohydrates: 38.36g (13.95%), Sugar: 33.31g (37.01%), Cholesterol: 0mg (0%), Sodium: 2.63mg (0.11%), Alcohol: 9.47g (100%), Alcohol %: 4.56% (100%), Protein: 0.9g (1.8%), Vitamin C: 22.53mg (27.31%), Fiber: 6.08g (24.33%), Copper: 0.18mg (8.93%), Vitamin K: 8.58µg (8.17%), Potassium: 282.95mg (8.08%), Folate: 22.11µg (5.53%), Manganese: 0.1mg (5.14%), Magnesium: 16.72mg (4.18%), Vitamin B2: 0.06mg (3.67%), Vitamin B6: 0.07mg (3.4%), Vitamin B1: 0.05mg (3.37%), Phosphorus: 29.28mg (2.93%), Iron: 0.42mg (2.35%), Vitamin B3: 0.43mg (2.15%), Vitamin A: 105.29IU (2.11%), Calcium: 20.73mg (2.07%), Vitamin E: 0.24mg (1.63%), Vitamin B5: 0.15mg (1.49%), Zinc: 0.22mg (1.47%)