

Sweet Adeline



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



1

CALORIES



299 kcal

SIDE DISH

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 0.8 ounce juice of lemon fresh
- ☐ 0.5 ounce pears
- ☐ 1 slices pears for garnish
- ☐ 2 inch pears
- ☐ 0.3 cup sugar
- ☐ 1 serving vodka
- ☐ 2 tablespoons water

☐ 1 ounce karlsson's

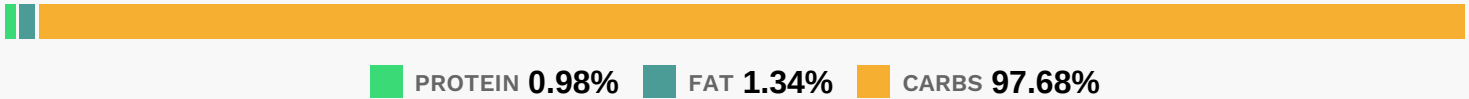
Equipment

☐ sauce pan

Directions

- ☐ To prepare cinnamon syrup, combine sugar, 2 tablespoons water, and cinnamon in a small saucepan over medium heat. Cook 4 minutes, stirring to dissolve sugar.
- ☐ Remove from heat.
- ☐ Let stand 30 minutes; strain. Cover and keep refrigerated in a glass container for 3 to 4 weeks.
- ☐ To prepare cocktail, place pear slices and 1/2 ounce cinnamon syrup in a martini shaker, and reserve the remaining cinnamon syrup for another use. Muddle pear mixture.
- ☐ Add ice, vodka, eau de vie, and lemon juice; shake. Strain into a cocktail glass.
- ☐ Garnish with additional pear slices, if desired.

Nutrition Facts



Properties

Glycemic Index:200.34, Glycemic Load:42.03, Inflammation Score:0, Nutrition Score:5.9634782671928%

Flavonoids

Cyanidin: 3.28mg, Cyanidin: 3.28mg, Cyanidin: 3.28mg, Cyanidin: 3.28mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 5.99mg, Epicatechin: 5.99mg, Epicatechin: 5.99mg, Epicatechin: 5.99mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg, Epigallocatechin 3–gallate: 0.27mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 298.91kcal (14.95%), Fat: 0.48g (0.73%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 78.29g (26.1%), Net Carbohydrates: 71.44g (25.98%), Sugar: 66.04g (73.38%), Cholesterol: 0mg (0%), Sodium: 4.17mg (0.18%), Alcohol: 0.33g (100%), Alcohol %: 0.16% (100%), Protein: 0.79g (1.57%), Manganese: 0.69mg (34.62%), Fiber: 6.86g (27.44%), Vitamin C: 15.21mg (18.44%), Copper: 0.15mg (7.71%), Vitamin K: 8.1µg (7.71%), Potassium: 222.73mg (6.36%), Calcium: 52.08mg (5.21%), Folate: 15.61µg (3.9%), Magnesium: 14.82mg (3.71%), Iron: 0.62mg (3.44%), Vitamin B2: 0.06mg (3.27%), Vitamin B6: 0.06mg (3.07%), Phosphorus: 23.1mg (2.31%), Vitamin E: 0.3mg (2.03%), Vitamin B1: 0.03mg (1.67%), Vitamin B3: 0.32mg (1.61%), Zinc: 0.24mg (1.61%), Vitamin B5: 0.12mg (1.18%), Vitamin A: 51.41IU (1.03%)