



 7%  
HEALTH SCORE

## The Pearhattan Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



521 kcal

BEVERAGE

DRINK

## Ingredients

- 2 dashes angostura bitters
- 3 pears fresh ripe
- 0.5 oz creme de cassis
- 1 serving ice cubes
- 3 juice of lemon
- 1 oz juice of lemon
- 2 oz pears juiced
- 2 oz irish whiskey

0.3 teaspoon salt

## Equipment

whisk

## Directions

- Pour ingredients into shaker and fill with ice. Shake well and serve unstrained, on the rocks.
- Whisk the pear juice with the lemon juice and a small pinch of salt.
- Add some simple syrup or water to thin slightly, if necessary.
- Pour the liquid into a pitcher and use it to fill the cavities of two ice cube trays almost to the top. Leave in freezer for at least 3 hours or until completely frozen. This recipe makes enough to fill two standard ice cube trays.

## Nutrition Facts

PROTEIN 2.4% FAT 2.36% CARBS 95.24%

## Properties

Glycemic Index:88.5, Glycemic Load:26.28, Inflammation Score:-7, Nutrition Score:15.327391304348%

## Flavonoids

Cyanidin: 12.17mg, Cyanidin: 12.17mg, Cyanidin: 12.17mg, Cyanidin: 12.17mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epigallocatechin: 3.49mg, Epigallocatechin: 3.49mg, Epigallocatechin: 3.49mg, Epigallocatechin: 3.49mg Epicatechin: 22.21mg, Epicatechin: 22.21mg, Epicatechin: 22.21mg, Epicatechin: 22.21mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 1mg, Epigallocatechin 3-gallate: 1mg, Epigallocatechin 3-gallate: 1mg, Epigallocatechin 3-gallate: 1mg Eriodictyol: 5.78mg, Eriodictyol: 5.78mg, Eriodictyol: 5.78mg, Eriodictyol: 5.78mg Hesperetin: 17.13mg, Hesperetin: 17.13mg, Hesperetin: 17.13mg, Hesperetin: 17.13mg Naringenin: 1.63mg, Naringenin: 1.63mg, Naringenin: 1.63mg, Naringenin: 1.63mg Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg

## Nutrients (% of daily need)

Calories: 521.23kcal (26.06%), Fat: 1.11g (1.71%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 100.81g (33.6%), Net Carbohydrates: 82.15g (29.87%), Sugar: 62.78g (69.75%), Cholesterol: 0mg (0%), Sodium: 592.96mg (25.78%), Alcohol: 21.31g (118.4%), Protein: 2.54g (5.08%), Vitamin C: 71.2mg (86.3%), Fiber: 18.67g (74.67%), Copper: 0.52mg

(26.09%), Vitamin K: 25.99µg (24.75%), Potassium: 807.94mg (23.08%), Folate: 65.02µg (16.25%), Manganese: 0.31mg (15.28%), Magnesium: 49.17mg (12.29%), Vitamin B6: 0.23mg (11.29%), Vitamin B2: 0.17mg (10.11%), Phosphorus: 82.05mg (8.21%), Vitamin B1: 0.1mg (6.92%), Iron: 1.18mg (6.56%), Calcium: 63.01mg (6.3%), Vitamin E: 0.89mg (5.91%), Vitamin B3: 1.09mg (5.44%), Zinc: 0.68mg (4.52%), Vitamin B5: 0.44mg (4.44%), Vitamin A: 154.78IU (3.1%), Selenium: 0.71µg (1.02%)