

Apple Mint Julep



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

Ingredients



8 cups apple juice



2 cups mint leaves fresh chopped



0.5 cup juice of lime fresh

Equipment



sauce pan



baking pan

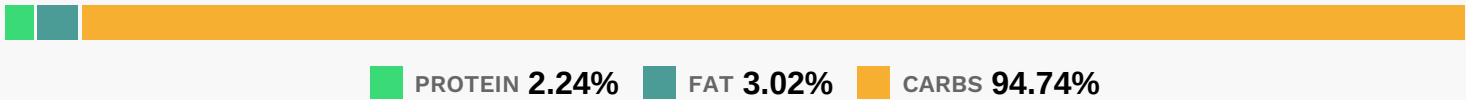


cheesecloth

Directions

- ☐ Place chopped mint on a double layer of cheesecloth. Gather edges of cheesecloth together, and tie securely.
- ☐ Place cheesecloth bag and apple juice in a large saucepan; bring to a boil.
- ☐ Remove from heat; cover and let cool.
- ☐ Pour into a large pitcher; cover and chill. Discard cheesecloth bag, and stir in lime juice.
- ☐ Pour apple juice mixture over ice cubes.
- ☐ Garnish with additional mint sprigs, if desired.
- ☐ Note: To make Apple Julep Granita, pour apple juice mixture into a 13- x 9-inch baking dish. Cover and freeze until firm.
- ☐ Remove mixture from freezer; scrape entire mixture with the tines of a fork until fluffy. For an extra-special beverage, make apple julep ice cubes.
- ☐ Pour some of the apple julep mixture into ice cube trays, place a mint sprig in each and freeze.
- ☐ Serve with apple julep mixture or with sparkling water.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:11.22, Inflammation Score:-5, Nutrition Score:4.2052173964355%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 11.68mg, Epicatechin: 11.68mg, Epicatechin: 11.68mg, Epicatechin: 11.68mg Eriodictyol: 3.81mg, Eriodictyol: 3.81mg, Eriodictyol: 3.81mg, Eriodictyol: 3.81mg Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 125.74kcal (6.29%), Fat: 0.44g (0.67%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 29.52g (10.73%), Sugar: 24.11g (26.79%), Cholesterol: 0mg (0%), Sodium: 13.71mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Manganese: 0.32mg (15.93%), Vitamin C: 10.35mg (12.54%), Vitamin A: 487.94IU (9.76%), Potassium: 332.19mg (9.49%), Fiber: 1.46g (5.83%), Magnesium: 22.61mg (5.65%), Calcium: 49.29mg (4.93%), Iron: 0.88mg (4.9%), Vitamin B2: 0.07mg (4.37%), Vitamin B1: 0.07mg (4.34%), Folate: 14.34µg (3.58%), Copper: 0.07mg (3.54%), Vitamin B6: 0.06mg (3.24%), Phosphorus: 27.69mg (2.77%), Vitamin B3: 0.39mg (1.97%), Vitamin B5: 0.18mg (1.78%), Zinc: 0.19mg (1.24%)