



Apple Mint Juleps



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
- ☐ 8 servings garnish: mint sprigs fresh

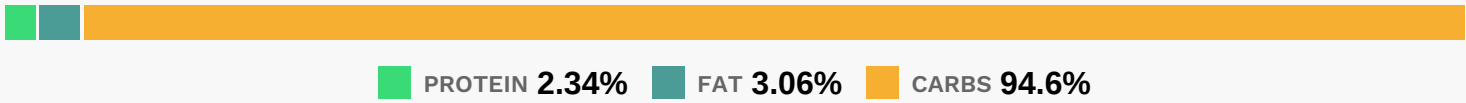
Equipment

- ☐ sauce pan
- ☐ cheesecloth

Directions

- ☐ Tie mint in a cheesecloth bag, and place in a large saucepan.
- ☐ Add apple juice, and bring mixture to a boil.
- ☐ Remove from heat; cover and cool. Chill.
- ☐ Remove and discard cheesecloth bag; stir in lime juice and, if desired, bourbon.
- ☐ Serve over crushed or shaved ice; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:11.22, Inflammation Score:-5, Nutrition Score:4.3817391330781%

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: 4.12mg, Eriodictyol: 4.12mg, Eriodictyol: 4.12mg, Eriodictyol: 4.12mg Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg 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: 126.44kcal (6.32%), Fat: 0.45g (0.69%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 31.12g (10.37%), Net Carbohydrates: 29.58g (10.76%), Sugar: 24.11g (26.79%), Cholesterol: 0mg (0%), Sodium: 14.02mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Manganese: 0.33mg (16.52%), Vitamin C: 10.66mg (12.93%), Vitamin A: 530.42IU (10.61%), Potassium: 337.88mg (9.65%), Fiber: 1.54g (6.15%), Magnesium: 23.41mg (5.85%), Iron: 0.93mg (5.19%), Calcium: 51.72mg (5.17%), Vitamin B2: 0.08mg (4.53%), Vitamin B1: 0.07mg (4.39%), Folate: 15.48µg (3.87%), Copper: 0.07mg (3.71%), Vitamin B6: 0.07mg (3.31%), Phosphorus: 28.42mg (2.84%), Vitamin B3: 0.41mg (2.06%), Vitamin B5: 0.18mg (1.82%), Zinc: 0.2mg (1.32%)