



Blackberry-Bourbon Iced Tea



Vegetarian



Vegan



Dairy Free

READY IN



190 min.

SERVINGS



3

CALORIES



292 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 tea bags black
- ☐ 3 cups blackberries fresh
- ☐ 3 servings quality bourbon good to taste recommended: Woodford Reserve
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.8 cups granulated sugar
- ☐ 3 servings ice cubes as needed
- ☐ 3 servings mint sprigs fresh for garnish
- ☐ 1.5 quarts water cold

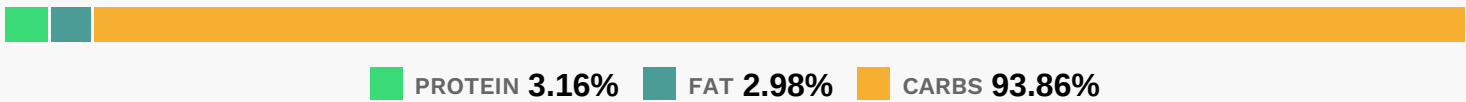
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ potato masher
- ☐ wooden spoon

Directions

- ☐ Combine the blackberries, sugar, and coarsely chopped mint in a large bowl and mash with a potato masher or wooden spoon and let sit while making the tea.
- ☐ While the blackberries are macerating, bring the water to a boil in a medium saucepan, remove from the heat, add the tea bags and let steep for about 3 minutes.
- ☐ Remove the bags and pour the tea over the blackberry mixture.
- ☐ Let the mixture sit at room temperature for at least 1 hour for the flavors to meld.
- ☐ Pour the mixture through a strainer into a pitcher, pressing on the solids, cover and refrigerate until cold, at least 2 hours. Cook's Note: You can also pour the mixture into a bowl set inside an ice bath to cool the mixture faster.
- ☐ Serve the blackberry tea over ice in tall glasses and float a shot of bourbon on top and garnish with lots of fresh mint sprigs...(like a Mint Julep).

Nutrition Facts



Properties

Glycemic Index:36.7, Glycemic Load:36.46, Inflammation Score:-7, Nutrition Score:11.003043454626%

Flavonoids

Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 53.37mg, Catechin: 53.37mg, Catechin: 53.37mg, Catechin: 53.37mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg

Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg Epigallocatechin 3–gallate: 0.98mg, Epigallocatechin 3–gallate: 0.98mg, Epigallocatechin 3–gallate: 0.98mg, Epigallocatechin 3–gallate: 0.98mg Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 292.1kcal (14.61%), Fat: 0.91g (1.39%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 64.28g (21.43%), Net Carbohydrates: 56.31g (20.47%), Sugar: 56.93g (63.25%), Cholesterol: 0mg (0%), Sodium: 29.89mg (1.3%), Alcohol: 5.01g (100%), Alcohol %: 0.85% (100%), Protein: 2.16g (4.33%), Manganese: 0.99mg (49.29%), Vitamin C: 31.62mg (38.32%), Fiber: 7.98g (31.91%), Vitamin K: 28.51µg (27.15%), Copper: 0.34mg (17.16%), Vitamin E: 1.68mg (11.23%), Folate: 40.94µg (10.23%), Vitamin A: 492.24IU (9.84%), Magnesium: 37.56mg (9.39%), Potassium: 259.24mg (7.41%), Calcium: 68.67mg (6.87%), Iron: 1.14mg (6.36%), Zinc: 0.88mg (5.83%), Vitamin B3: 1.01mg (5.03%), Vitamin B5: 0.41mg (4.12%), Phosphorus: 35.44mg (3.54%), Vitamin B2: 0.06mg (3.47%), Vitamin B6: 0.05mg (2.45%), Vitamin B1: 0.03mg (2.22%), Selenium: 0.88µg (1.25%)