



Blackberry-Mint Julep



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup blackberries for garnish
- ☐ 1.5 ounces bourbon
- ☐ 5 servings ice cubes
- ☐ 2 tablespoons mint leaves for garnish
- ☐ 1 tablespoon sugar

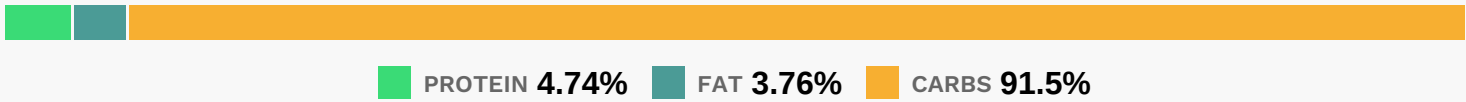
Equipment

- ☐ sieve

Directions

- ☐
- Fill a rocks glass halfway with ice cubes. In a shaker, combine the 1/4 cup of blackberries, mint leaves, sugar, bourbon and 1/3 cup of ice cubes and shake well. Strain the drink into the glass through a coarse sieve, pressing on the solids.
- ☐
- Garnish with the blackberry and mint sprig.

Nutrition Facts



Properties

Glycemic Index:22.02, Glycemic Load:1.75, Inflammation Score:-2, Nutrition Score:0.89260869165478%

Flavonoids

Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 33.38kcal (1.67%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.84g (1.03%), Sugar: 2.75g (3.05%), Cholesterol: 0mg (0%), Sodium: 3.6mg (0.16%), Alcohol: 2.84g (100%), Alcohol %: 4.73% (100%), Protein: 0.18g (0.35%), Manganese: 0.07mg (3.58%), Vitamin C: 2.15mg (2.6%), Fiber: 0.54g (2.17%), Vitamin A: 100.37IU (2.01%), Copper: 0.03mg (1.47%), Vitamin K: 1.43µg (1.36%), Folate: 4.08µg (1.02%)