



Blackberry Mint Juleps

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups blackberries fresh
- 0.3 cup sugar
- 0.5 cup bourbon
- 4 cups ice cubes
- 0.5 cup mint leaves fresh
- 4 sprigs mint leaves fresh
- 1 serving blackberries

Equipment

blender

Directions

- In blender, place 1 pint blackberries, the sugar and bourbon. Cover; blend on high speed until blackberries are pureed.
- Add ice. Cover; blend 30 to 60 seconds longer or until ice is crushed.
- Add mint leaves. Cover; blend until mint is finely chopped and mixture is well blended.
- Pour into 4 glasses.
- Garnish each with 1 mint sprig and additional berries.
- Serve immediately.

Nutrition Facts

 **PROTEIN 4.67%**  **FAT 3.94%**  **CARBS 91.39%**

Properties

Glycemic Index:33.77, Glycemic Load:12.41, Inflammation Score:-6, Nutrition Score:6.306956594405%

Flavonoids

Cyanidin: 72.21mg, Cyanidin: 72.21mg, Cyanidin: 72.21mg, Cyanidin: 72.21mg Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.78mg, Catechin: 26.78mg, Catechin: 26.78mg, Catechin: 26.78mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.37mg, Epicatechin: 3.37mg, Epicatechin: 3.37mg, Epicatechin: 3.37mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 2.05mg, Eriodictyol: 2.05mg, Eriodictyol: 2.05mg, Eriodictyol: 2.05mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 169.17kcal (8.46%), Fat: 0.47g (0.72%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 20.17g (7.33%), Sugar: 20.16g (22.4%), Cholesterol: 0mg (0%), Sodium: 15.07mg (0.66%), Alcohol: 10.02g (100%), Alcohol %: 3.51% (100%), Protein: 1.25g (2.51%), Manganese: 0.55mg (27.54%), Vitamin C: 17.28mg (20.94%), Fiber: 4.36g (17.44%), Vitamin K: 14.31µg (13.62%), Copper: 0.19mg (9.32%), Vitamin A: 436.05IU (8.72%), Folate: 25.61µg (6.4%), Vitamin E: 0.85mg (5.64%), Magnesium: 22.12mg (5.53%), Iron: 0.8mg (4.47%), Potassium:

155.67mg (4.45%), Calcium: 44.32mg (4.43%), Zinc: 0.49mg (3.29%), Vitamin B3: 0.58mg (2.92%), Vitamin B2: 0.04mg (2.4%), Vitamin B5: 0.22mg (2.22%), Phosphorus: 21.93mg (2.19%), Vitamin B6: 0.03mg (1.53%), Vitamin B1: 0.02mg (1.45%)