



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
- ☐ 4 servings blackberries
- ☐ 0.5 cup bourbon
- ☐ 4 sprigs mint leaves fresh
- ☐ 0.5 cup mint leaves fresh
- ☐ 4 cups ice cubes
- ☐ 0.3 cup sugar

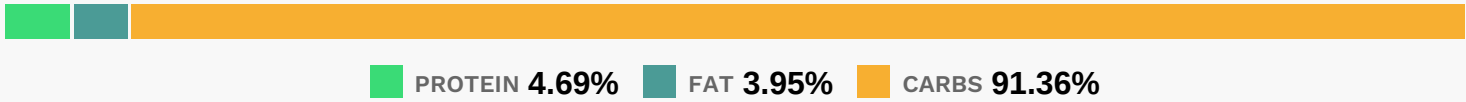
Equipment

☐ 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



Properties

Glycemic Index:33.77, Glycemic Load:12.42, Inflammation Score:-6, Nutrition Score:6.3582609140355%

Flavonoids

Cyanidin: 72.96mg, Cyanidin: 72.96mg, Cyanidin: 72.96mg, Cyanidin: 72.96mg 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: 27.05mg, Catechin: 27.05mg, Catechin: 27.05mg, Catechin: 27.05mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg, Epicatechin: 3.4mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg 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: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 169.49kcal (8.47%), Fat: 0.47g (0.73%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 20.2g (7.35%), Sugar: 20.2g (22.44%), Cholesterol: 0mg (0%), Sodium: 15.08mg (0.66%), Alcohol: 10.02g (100%), Alcohol %: 3.5% (100%), Protein: 1.26g (2.53%), Manganese: 0.56mg (27.78%), Vitamin C: 17.44mg (21.14%), Fiber: 4.4g (17.6%), Vitamin K: 14.45µg (13.77%), Copper: 0.19mg (9.38%), Vitamin A: 437.65IU (8.75%), Folate: 25.8µg (6.45%), Vitamin E: 0.85mg (5.69%), Magnesium: 22.27mg (5.57%), Iron: 0.81mg (4.5%), Potassium:

156.89mg (4.48%), Calcium: 44.53mg (4.45%), Zinc: 0.5mg (3.32%), Vitamin B3: 0.59mg (2.94%), Vitamin B2: 0.04mg (2.41%), Vitamin B5: 0.22mg (2.24%), Phosphorus: 22.1mg (2.21%), Vitamin B6: 0.03mg (1.54%), Vitamin B1: 0.02mg (1.46%)