

Classic Mint Julep



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 2 tablespoons seltzer water
- ☐ 1.5 cups ice cubes crushed shaved
- ☐ 1 optional: lemon rinsed
- ☐ 5 mint leaves fresh rinsed drained
- ☐ 2 teaspoons sugar

Equipment

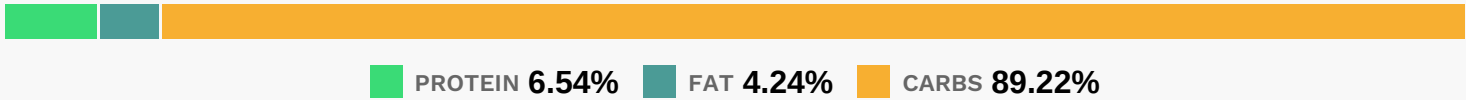
- ☐ knife

- ☐ peeler
- ☐ drinking straws

Directions

- ☐ With a vegetable peeler or a sharp knife, pare a 2-inch strip of peel (yellow part only) from the lemon, then cut into long, thin shreds.
- ☐ Cut lemon in half and rub 1 cut side on the rim of a glass (10 to 12 oz.) to moisten; save lemon for other uses.
- ☐ Pour 2 teaspoons sugar on a small plate and dip moist glass rim in it to coat evenly, then pour sugar into glass.
- ☐ Add 4 mint sprigs to glass. With a wood spoon, crush mint sprigs with sugar to bruise the leaves and release the herb's flavor. Fill glass with ice.
- ☐ Add bourbon, then fill to rim with club soda.
- ☐ Let stand until glass is frosty, about 2 minutes.
- ☐ Garnish with lemon peel and remaining mint sprig. Sip julep through a straw, adding more sugar to taste.

Nutrition Facts



Properties

Glycemic Index:110.59, Glycemic Load:7.38, Inflammation Score:-6, Nutrition Score:6.2782607259958%

Flavonoids

Eriodictyol: 24.61mg, Eriodictyol: 24.61mg, Eriodictyol: 24.61mg, Eriodictyol: 24.61mg Hesperetin: 30.64mg, Hesperetin: 30.64mg, Hesperetin: 30.64mg, Hesperetin: 30.64mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 204.22kcal (10.21%), Fat: 0.4g (0.61%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 18.78g (6.26%), Net Carbohydrates: 15.35g (5.58%), Sugar: 10.68g (11.87%), Cholesterol: 0mg (0%), Sodium: 28.34mg (1.23%), Alcohol:

20.04g (100%), Alcohol %: 4.49% (100%), Protein: 1.38g (2.75%), Vitamin C: 58.83mg (71.31%), Fiber: 3.42g (13.7%), Copper: 0.13mg (6.41%), Calcium: 52.44mg (5.24%), Iron: 0.93mg (5.18%), Manganese: 0.1mg (5.13%), Potassium: 179.44mg (5.13%), Vitamin A: 236.16IU (4.72%), Vitamin B6: 0.09mg (4.67%), Folate: 17.58µg (4.39%), Magnesium: 16.48mg (4.12%), Vitamin B1: 0.05mg (3.39%), Phosphorus: 23.33mg (2.33%), Vitamin B2: 0.04mg (2.28%), Vitamin B5: 0.22mg (2.22%), Zinc: 0.21mg (1.4%), Vitamin E: 0.16mg (1.08%), Vitamin B3: 0.2mg (1.01%)