



Classic Mint Julep

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 sprigs mint leaves fresh
- 1 tablespoon simple syrup glaze
- 1 serving ice crushed
- 1 ounce bourbon

Equipment

Directions

- In a tall glass, add the mint and simple syrup. With the handle of a spoon, crush and mash the leaves to extract the flavors. Fill the glass with the crushed ice and pour in the bourbon. Using a tea spoon, jiggle the contents to mix and chill.
- Strain into a julep cup filled with crushed ice.
- Garnish with fresh mint sprigs.

Nutrition Facts

PROTEIN 1.42%

FAT 0.8%

CARBS 97.78%

Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.4621739130435%

Flavonoids

Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg

Taste

Sweetness: 100%, Saltiness: 1.49%, Sourness: 14.72%, Bitterness: 13.34%, Savoriness: 23.12%, Fattiness: 9.88%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 123.49kcal (6.17%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 15.04g (5.47%), Sugar: 14.64g (16.27%), Cholesterol: 0mg (0%), Sodium: 13.79mg (0.6%), Alcohol: 9.47g (52.6%), Protein: 0.23g (0.45%), Iron: 1.04mg (5.76%), Vitamin A: 254.88IU (5.1%), Manganese: 0.08mg (3.78%), Vitamin C: 1.91mg (2.31%), Vitamin B1: 0.03mg (2.17%), Fiber: 0.48g (1.92%), Calcium: 17.21mg (1.72%), Folate: 6.84µg (1.71%), Vitamin B2: 0.03mg (1.71%), Magnesium: 6.81mg (1.7%), Copper: 0.03mg (1.49%), Potassium: 47.31mg (1.35%)