



## Classic Mint Julep

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 ounce bourbon
- 4 inch coffee stirrer
- 3 mint leaves fresh
- 1 serving ice cubes crushed
- 1 mint sprig fresh
- 1 tablespoon mint simple syrup

### Equipment

- drinking straws

## Directions

- Place mint leaves and Mint Simple Syrup in a chilled julep cup. Gently press leaves against cup with back of spoon to release flavors. Pack cup tightly with crushed ice; pour bourbon over ice. Insert straw, place mint sprig directly next to straw, and serve immediately.
- Sprinkle with powdered sugar, if desired.
- Note: For testing purposes only, we used Woodford Reserve Distiller's Select Bourbon.

## Nutrition Facts

**PROTEIN 1.05%** **FAT 0.58%** **CARBS 98.37%**

## Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.1743478232428%

## Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 122.19kcal (6.11%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 14.9g (5.42%), Sugar: 14.64g (16.27%), Cholesterol: 0mg (0%), Sodium: 13.38mg (0.58%), Alcohol: 9.47g (100%), Alcohol %: 18.9% (100%), Caffeine: 4.06mg (1.35%), Protein: 0.16g (0.32%), Iron: 0.94mg (5.2%), Vitamin A: 169.92IU (3.4%), Manganese: 0.05mg (2.72%), Vitamin B1: 0.03mg (2.16%), Vitamin B2: 0.03mg (1.85%), Vitamin C: 1.27mg (1.54%), Magnesium: 5.51mg (1.38%), Fiber: 0.32g (1.28%), Calcium: 12.55mg (1.26%), Folate: 4.76µg (1.19%), Potassium: 40.91mg (1.17%), Copper: 0.02mg (1.17%)