

Classic Mint Juleps



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bourbon
- ☐ 8 cups ice cubes crushed finely
- ☐ 16 mint sprigs crushed
- ☐ 1 cup sugar
- ☐ 1 cup water

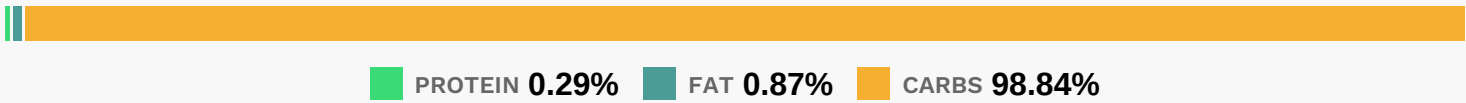
Equipment

- ☐ sauce pan

Directions

- ☐ Bring sugar and 1 cup water to a boil in a small saucepan. Cook 4 minutes or until sugar dissolves.
- ☐ Remove sugar syrup from heat; cool completely.
- ☐ Place 2 crushed mint sprigs in the bottom of each of 8 glasses.
- ☐ Add 1 cup crushed ice, 2 tablespoons sugar syrup, and 2 tablespoons bourbon to each glass.
- ☐ Garnish with mint sprigs, if desired.
- ☐ Spirit note: Bourbon is America's original spirit, made primarily from corn with varying amounts of wheat, barley, and rye. Wild Turkey 80 (\$1
- ☐ may sound like your grandfather's whiskey, but this smooth yet rich bourbon with caramel sweetness, vanilla aromas, and a touch of spice is a superb foundation for a mint julep. For a lighter-bodied, fruitier, and gentler style, choose a bourbon with a lot of wheat, like Maker's Mark (\$23). --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:17.45, Inflammation Score:-2, Nutrition Score:0.59434782260138%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg

Nutrients (% of daily need)

Calories: 166.95kcal (8.35%), Fat: 0.1g (0.15%), Saturated Fat: Og (0.03%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 25.04g (9.1%), Sugar: 24.95g (27.72%), Cholesterol: 0mg (0%), Sodium: 14.48mg (0.63%), Alcohol: 10.02g (100%), Alcohol %: 3.93% (100%), Protein: 0.08g (0.15%), Copper: 0.06mg (2.86%), Vitamin A: 84.96IU (1.7%), Manganese: 0.03mg (1.5%), Calcium: 13.09mg (1.31%), Magnesium: 4.26mg (1.07%)