



Derby Julep



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



251 kcal

BEVERAGE

DRINK

Ingredients

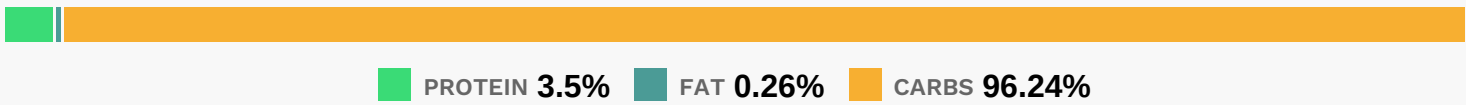
- ☐ 0.3 cup bourbon
- ☐ 1 serving ice crushed
- ☐ 1 mint leaves fresh
- ☐ 3 mint leaves fresh
- ☐ 2 tablespoons karo syrup (see below)

Equipment

Directions

- ☐ Place mint leaves and syrup in a chilled julep cup, and muddle. Pack cup tightly with crushed ice; add bourbon and mint sprig.
- ☐ Mint Syrup: Boil 1 1/2 cups sugar and 1 1/2 cups water, stirring often, 2 to 3 minutes or until sugar dissolves.
- ☐ Remove from heat; add 15 fresh mint sprigs, and cool completely. Cover and chill 24 hours. Strain syrup; discard solids.
- ☐ Grapefruit-Honey Syrup: Prepare Mint Syrup as directed, reducing sugar to 1/2 cup and stirring 3/4 cup fresh grapefruit juice, 1/2 cup honey, 3 (2- x 4-inch) grapefruit rind strips, and rind from 1 lime, cut into strips, into sugar mixture with mint. For julep, muddle with 1 small grapefruit rind strip.
- ☐ Peach-Basil Syrup: Prepare Mint Syrup as directed, substituting basil for mint and stirring 2 (5-oz.) cans peach nectar and 1 split vanilla bean into sugar mixture with basil. For julep, muddle with 1 peach slice.
- ☐ Blackberry Syrup: Prepare Mint Syrup as directed, adding 6 oz. fresh blackberries, halved, with mint. For julep, muddle with 2 fresh blackberries.
- ☐ Pineapple-Lemongrass Syrup: Prepare Mint Syrup as directed, reducing granulated sugar to 1 cup, adding 1/2 cup light brown sugar to granulated sugar and water, and stirring 1 cup pineapple juice, 2 Tbsp. fresh lime juice, and 3 (3-inch) pieces fresh lemongrass into sugar mixture with mint after removing from heat. For julep, muddle with 1 small fresh pineapple chunk.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:0.91739130473655%

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

Nutrients (% of daily need)

Calories: 251.44kcal (12.57%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 31.6g (10.53%), Net Carbohydrates: 31.28g (11.37%), Sugar: 25g (27.78%), Cholesterol: 0mg (0%), Sodium: 31.71mg (1.38%), Alcohol: 20.04g (100%), Alcohol %: 23.74% (100%), Protein: 1.15g (2.3%), Calcium: 37.75mg (3.78%), Vitamin A: 169.92IU (3.4%), Manganese: 0.06mg (2.89%), Vitamin C: 1.27mg (1.54%), Copper: 0.03mg (1.3%), Fiber: 0.32g (1.28%), Iron: 0.23mg (1.26%), Folate: 4.56µg (1.14%)