



Fresh Basil Julep



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 basil sprig fresh
- ☐ 1 oz bourbon
- ☐ 3 basil leaves fresh
- ☐ 4 inch cocktail straw
- ☐ 1 serving ice cubes crushed
- ☐ 1 tablespoon basil simple syrup

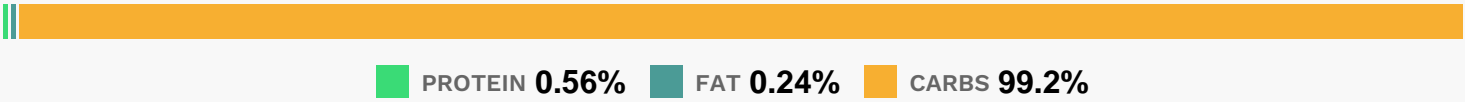
Equipment

- ☐ drinking straws

Directions

- ☐ Place basil leaves and Basil Simple Syrup in a julep cup or an 8- to 10-oz. glass. Gently press leaves against sides of cup with back of a spoon to release flavor. Pack cup tightly with crushed ice; pour bourbon over ice. Insert straw, and place basil sprig directly next to straw.
- ☐ Sprinkle with powdered sugar, if desired.
- ☐ Note: For testing purposes only, we used Woodford Reserve Distiller's Select Bourbon.
- ☐ Fresh Mint Julep: Prepare recipe as directed, substituting mint leaves for basil leaves, Mint Simple Syrup for Basil Simple Syrup, and 1 small fresh mint sprig for basil sprig.

Nutrition Facts



Properties

Glycemic Index:210, Glycemic Load:0.79, Inflammation Score:-2, Nutrition Score:1.108260863825%

Nutrients (% of daily need)

Calories: 125.45kcal (6.27%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 16.06g (5.84%), Sugar: 16.06g (17.84%), Cholesterol: 0mg (0%), Sodium: 12.61mg (0.55%), Alcohol: 9.47g (100%), Alcohol %: 19.64% (100%), Protein: 0.09g (0.18%), Vitamin K: 6.9µg (6.58%), Iron: 0.81mg (4.51%), Vitamin A: 105.53IU (2.11%), Vitamin B1: 0.03mg (2%), Manganese: 0.04mg (1.92%), Copper: 0.02mg (1.17%)