



Hawksworth's Mint Julep



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



1836 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 750 milliliter bourbon such as maker's mark
- ☐ 1 serving mint leaves fresh for garnish
- ☐ 2 ounces mint leaves
- ☐ 0.5 ounce simple syrup glaze (see note above)

Equipment

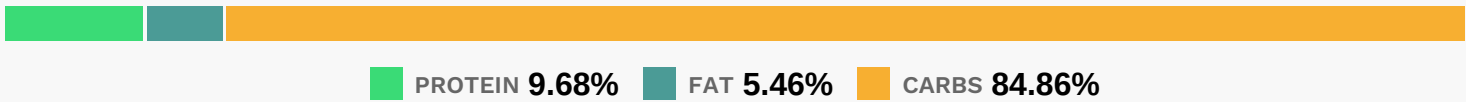
- ☐ bowl
- ☐ sieve
- ☐ cheesecloth

- ☐ funnel
- ☐ drinking straws

Directions

- ☐ For the Bourbon: Pluck the bigger bottom leaves off of the mint stalks (reserve tops for garnish) and wrap loosely in cheesecloth.
- ☐ Place the mint package into a large bowl and add bourbon.
- ☐ Let infuse for five minutes, occasionally agitating mint bundle to release oils into bourbon. Gently wring out the bourbon from the mint through the cheesecloth, being careful not to tear the mint. Using a funnel, pour mixture back into bourbon bottle through a fine mesh strainer. Store in freezer when not in use.
- ☐ For the Cocktail: Fill a julep cup 2/3 full with crushed ice.
- ☐ Add infused bourbon and simple syrup. With the back end of a bar spoon, stir mixture until a frost develops on the outside of the julep cup.
- ☐ Add more crushed ice, and stir again.
- ☐ Slap a sprig of mint between your hands to release the oil and place on the crushed ice.
- ☐ Cut a straw to fit the cup and place near the mint sprig.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:11.556956514716%

Flavonoids

Eriodictyol: 17.84mg, Eriodictyol: 17.84mg, Eriodictyol: 17.84mg, Eriodictyol: 17.84mg Hesperetin: 5.86mg, Hesperetin: 5.86mg, Hesperetin: 5.86mg, Hesperetin: 5.86mg Apigenin: 3.11mg, Apigenin: 3.11mg, Apigenin: 3.11mg, Apigenin: 3.11mg Luteolin: 7.3mg, Luteolin: 7.3mg, Luteolin: 7.3mg, Luteolin: 7.3mg

Nutrients (% of daily need)

Calories: 1836.01kcal (91.8%), Fat: 0.54g (0.83%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 14.34g (5.22%), Sugar: 10.38g (11.53%), Cholesterol: 0mg (0%), Sodium: 33.72mg (1.47%), Alcohol:

254.11g (100%), Alcohol %: 38.68% (100%), Protein: 2.16g (4.33%), Vitamin A: 2451.06IU (49.02%), Manganese: 0.82mg (40.77%), Vitamin C: 18.35mg (22.24%), Iron: 3.75mg (20.81%), Fiber: 4.62g (18.46%), Copper: 0.35mg (17.62%), Folate: 65.78µg (16.44%), Calcium: 142.05mg (14.21%), Magnesium: 47.58mg (11.89%), Vitamin B2: 0.19mg (11.32%), Potassium: 352.45mg (10.07%), Vitamin B1: 0.11mg (7.43%), Phosphorus: 73.69mg (7.37%), Zinc: 0.97mg (6.48%), Vitamin B3: 1.1mg (5.49%), Vitamin B6: 0.08mg (4.1%), Vitamin B5: 0.19mg (1.95%)