



Lemongrass-Ginger Julep

 Vegetarian  Vegan  Dairy Free

READY IN

ready

60 min.

SERVINGS

servings

1

CALORIES

calories

1732 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 ounces kentucky bourbon
- ☐ 1 serving club soda cold
- ☐ 1 slice ginger fresh
- ☐ 2 sprigs mint leaves fresh plus more for garnish
- ☐ 1 serving ice cubes
- ☐ 6 stalks lemongrass
- ☐ 1 serving lime
- ☐ 2 cups sugar

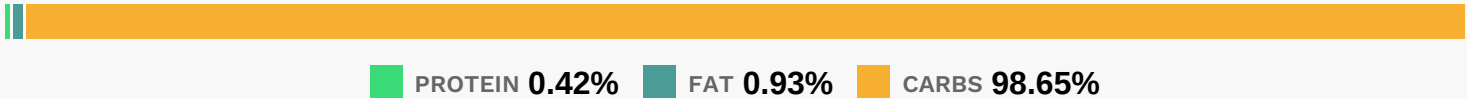
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ meat tenderizer

Directions

- ☐ Watch how to make this recipe.
- ☐ Add the mint and ice to a cocktail shaker and muddle.
- ☐ Add the bourbon and the Lemongrass–Ginger Simple Syrup and shake vigorously to combine.
- ☐ Serve on the rocks in a Collins glass. Top with club soda, a squeeze of lime juice and garnish with a sprig of mint.
- ☐ Trim the lemongrass stalks so you have the bases only. Bash with the back of a knife (or a meat mallet) so the oils and aroma release more easily.
- ☐ Combine the lemongrass, sugar, 2 cups cold water and ginger together in a medium saucepan and set over medium heat. Simmer until the sugar dissolves. Reduce the heat and allow to sit so the lemongrass and ginger steeps in the syrup. Once the syrup is fragrant, 30 to 40 minutes, strain and use.

Nutrition Facts



Properties

Glycemic Index:132.09, Glycemic Load:279.46, Inflammation Score:-2, Nutrition Score:12.22608687016%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1732.43kcal (86.62%), Fat: 1.77g (2.72%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 422.57g (140.86%),
Net Carbohydrates: 422.17g (153.52%), Sugar: 399.35g (443.72%), Cholesterol: 0mg (0%), Sodium: 13.86mg (0.6%),
Alcohol: 14.2g (100%), Alcohol %: 3% (100%), Protein: 1.8g (3.6%), Manganese: 4.75mg (237.7%), Iron: 7.73mg
(42.92%), Potassium: 686.39mg (19.61%), Folate: 70.56µg (17.64%), Copper: 0.3mg (15.05%), Magnesium: 57.45mg
(14.36%), Zinc: 2.11mg (14.05%), Vitamin B2: 0.21mg (12.15%), Phosphorus: 96mg (9.6%), Calcium: 71.72mg (7.17%),
Vitamin C: 5.11mg (6.2%), Vitamin B3: 1.06mg (5.3%), Selenium: 3.07µg (4.39%), Vitamin B1: 0.07mg (4.35%),
Vitamin B6: 0.08mg (4.06%), Vitamin A: 93.86IU (1.88%), Fiber: 0.4g (1.58%)