



Mint Julep

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



555 min.

SERVINGS



1

CALORIES



540 kcal

SIDE DISH

Ingredients

- 1 egg white
- 1 serving lavender sprigs for garnish
- 3 bunches mint leaves
- 0.7 cup sugar plus more for garnish
- 0.3 cup water
- 1 bottle southern whisky

Equipment

- pot

Directions

- Make a mint flavored simple syrup by boiling water and sugar with two bunches of roughly torn and bruised mint in large sauce pot. Boil just until the sugar dissolves completely. Cool and strain the mint out of mixture.
- Add bottle of whisky to the infusion. Stuff the empty whisky bottle with last bunch of fresh mint leaves and fill with the simple syrup/whiskey mixture.
- Cap and put in freezer overnight. It will freeze to a slushy consistency for serving.
- Glasses: dip the rim of each glass in egg white, then in sugar for a frosted appearance and chill. Fill with mint julep mixture straight from the frozen bottle and garnish with a mint or lavender sprig.

Nutrition Facts

  **PROTEIN 2.66%**  **FAT 0.97%**  **CARBS 96.37%**

Properties

Glycemic Index:85.09, Glycemic Load:93.08, Inflammation Score:-4, Nutrition Score:3.2830434856207%

Flavonoids

Eriodictyol: 3.71mg, Eriodictyol: 3.71mg, Eriodictyol: 3.71mg, Eriodictyol: 3.71mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg

Nutrients (% of daily need)

Calories: 540.32kcal (27.02%), Fat: 0.6g (0.92%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 134.92g (44.97%), Net Carbohydrates: 133.96g (48.71%), Sugar: 133.28g (148.09%), Cholesterol: 0mg (0%), Sodium: 58.8mg (2.56%), Alcohol: 0.36g (100%), Alcohol %: 0.18% (100%), Protein: 3.73g (7.46%), Vitamin B2: 0.19mg (11.12%), Vitamin A: 512.76IU (10.26%), Selenium: 6.8µg (9.71%), Manganese: 0.15mg (7.49%), Vitamin C: 3.94mg (4.77%), Iron: 0.72mg (4%), Fiber: 0.96g (3.84%), Folate: 14.88µg (3.72%), Calcium: 37.16mg (3.72%), Copper: 0.07mg (3.42%), Potassium: 119.86mg (3.42%), Magnesium: 13.69mg (3.42%), Phosphorus: 13.29mg (1.33%), Vitamin B3: 0.24mg (1.18%), Zinc: 0.16mg (1.09%)