



Mint Julep



Vegetarian



Vegan



Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 ounce bourbon
- ☐ 1 serving confectioners' sugar
- ☐ 2 cups ice cubes crushed
- ☐ 1 lemon twist
- ☐ 1 mint sprig
- ☐ 8 red-stemmed mint leaves
- ☐ 1 serving seltzer water as needed
- ☐ 0.5 teaspoon caster sugar

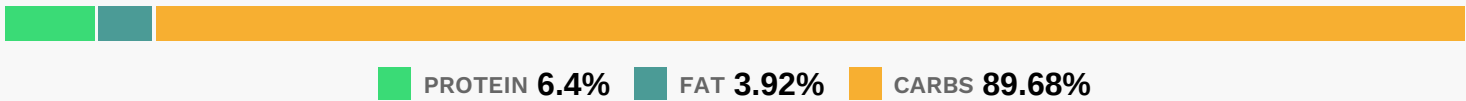
Equipment

☐ wooden spoon

Directions

- ☐ In a 12-ounce, Collins-style glass, dissolve sugar in 1/2 ounce bourbon.
- ☐ Add mint and bruise gently with muddler or wooden spoon. Fill the glass 2/3 with crushed ice and mix gently.
- ☐ Add more ice and remaining bourbon. Top with sparkling water and stir. Rub rim of glass with lemon twist, squeeze mint sprig slightly, and insert stem into ice. Dust top of drink with confectioners' sugar. Insert 2 straws into ice so drinker must bury nose in mint in order to sip drink.

Nutrition Facts



Properties

Glycemic Index:110.59, Glycemic Load:3.19, Inflammation Score:-6, Nutrition Score:6.9578259690948%

Flavonoids

Eriodictyol: 25.85mg, Eriodictyol: 25.85mg, Eriodictyol: 25.85mg, Eriodictyol: 25.85mg Hesperetin: 31.05mg, Hesperetin: 31.05mg, Hesperetin: 31.05mg, Hesperetin: 31.05mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 109.18kcal (5.46%), Fat: 0.41g (0.64%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 17.64g (6.41%), Sugar: 12.52g (13.91%), Cholesterol: 0mg (0%), Sodium: 29.14mg (1.27%), Alcohol: 4.73g (100%), Alcohol %: 0.98% (100%), Protein: 1.53g (3.05%), Vitamin C: 60.1mg (72.85%), Fiber: 3.74g (14.98%), Vitamin A: 406.08IU (8.12%), Copper: 0.15mg (7.45%), Manganese: 0.14mg (7.06%), Calcium: 64.3mg (6.43%), Iron: 1.12mg (6.2%), Potassium: 200.75mg (5.74%), Folate: 22.14µg (5.53%), Magnesium: 20.58mg (5.15%), Vitamin B6: 0.1mg (4.91%), Vitamin B1: 0.05mg (3.43%), Vitamin B2: 0.05mg (2.82%), Phosphorus: 24.42mg (2.44%), Vitamin B5: 0.24mg (2.36%), Zinc: 0.22mg (1.46%), Vitamin B3: 0.26mg (1.32%), Vitamin E: 0.16mg (1.08%)