

Mint Julep



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 ounce seltzer water



15 small mint leaves fresh for garnish



2 cups ice crushed



2 teaspoons caster sugar



3 ounces irish whiskey

Equipment

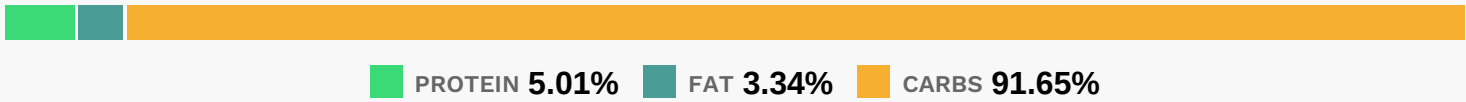


drinking straws

Directions

- ☐ In julep cup, stir together club soda and sugar until sugar just begins to dissolve.
- ☐ Add mint leaves and, using glass muddler or back of large spoon, gently press leaves into sugar syrup until slightly darkened but not completely crushed.
- ☐ Add whiskey, then fill cup with crushed ice and, using long spoon, stir briefly. Tuck mint sprigs into top of cup and insert short straw.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:5.6, Inflammation Score:-6, Nutrition Score:3.0408695654377%

Flavonoids

Eriodictyol: 4.64mg, Eriodictyol: 4.64mg, Eriodictyol: 4.64mg, Eriodictyol: 4.64mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg

Nutrients (% of daily need)

Calories: 253.92kcal (12.7%), Fat: 0.17g (0.26%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 9.09g (3.3%), Sugar: 8.07g (8.97%), Cholesterol: 0mg (0%), Sodium: 34.34mg (1.49%), Alcohol: 30.62g (100%), Alcohol %: 6.37% (100%), Protein: 0.56g (1.13%), Vitamin A: 637.2IU (12.74%), Manganese: 0.18mg (9.19%), Copper: 0.14mg (6.96%), Vitamin C: 4.77mg (5.78%), Calcium: 52.14mg (5.21%), Fiber: 1.2g (4.8%), Iron: 0.79mg (4.37%), Folate: 17.1µg (4.28%), Magnesium: 17.02mg (4.25%), Vitamin B2: 0.04mg (2.49%), Potassium: 86.93mg (2.48%), Zinc: 0.26mg (1.73%), Vitamin B3: 0.3mg (1.49%), Phosphorus: 13.5mg (1.35%), Vitamin B1: 0.02mg (1.27%)