



Mint Julep



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



146 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons bourbon
- ☐ 6 mint leaves
- ☐ 2 teaspoons sugar syrup

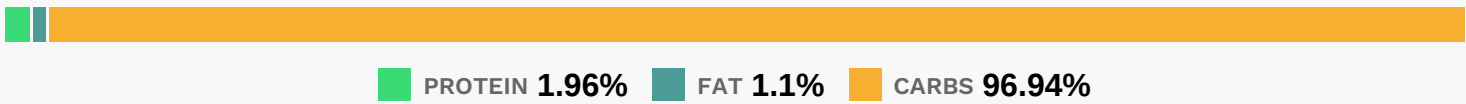
Equipment

Directions

- ☐ Fill an 8- to 10-ounce glass with crushed ice (1 cup).

Add mint, syrup, and bourbon and bruise mint with back of a spoon.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:1.3778260894444%

Flavonoids

Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg

Nutrients (% of daily need)

Calories: 145.81kcal (7.29%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 10.65g (3.87%), Sugar: 10.25g (11.39%), Cholesterol: 0mg (0%), Sodium: 10.43mg (0.45%), Alcohol: 15.03g (100%), Alcohol %: 29.31% (100%), Protein: 0.22g (0.45%), Vitamin A: 254.88IU (5.1%), Iron: 0.83mg (4.59%), Manganese: 0.08mg (3.93%), Vitamin C: 1.91mg (2.31%), Fiber: 0.48g (1.92%), Vitamin B1: 0.03mg (1.72%), Folate: 6.84µg (1.71%), Calcium: 16.4mg (1.64%), Copper: 0.03mg (1.6%), Magnesium: 6.2mg (1.55%), Vitamin B2: 0.03mg (1.54%), Potassium: 43.86mg (1.25%)