

Mint Julep



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 ounces bourbon (such as Woodford Reserve)



2 cups ice cubes crushed



1 serving mint sprig fresh for garnish



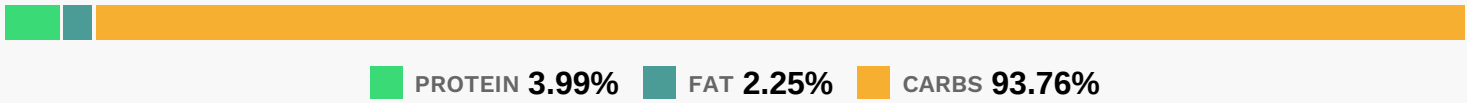
1 scant ounce minted simple syrup

Equipment

Directions

- ☐
- To highball glass or silver Julep cup, add minted simple syrup, then 1 cup crushed ice,bourbon, and splash of water.
- ☐
- Add enough of remaining ice to almost fill glass. Stir well and garnish with mint sprig.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.57521738792243%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 134.36kcal (6.72%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.02%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.73g (0.81%), Cholesterol: 0mg (0%), Sodium: 25.12mg (1.09%), Alcohol: 18.94g (100%), Alcohol %: 4.51% (100%), Protein: 0.04g (0.08%), Copper: 0.09mg (4.56%), Calcium: 16.76mg (1.68%), Magnesium: 5.63mg (1.41%), Manganese: 0.02mg (1.1%)