



Mint Julep



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup kentucky bourbon
- ☐ 2 tablespoon juice of lemon freshly squeezed
- ☐ 24 mint leaves for garnish
- ☐ 2 tablespoon super sugar fine
- ☐ 2 cup shavedice crushed well
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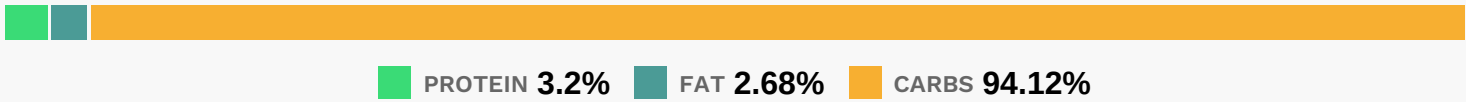
Equipment

- ☐ wooden spoon

Directions

- ☐ Combine sugar, lemon juice, and mint leaves in a pitcher. Crush well with a wooden spoon.
- ☐ Add bourbon and stir gently.
- ☐ Pour the mixture into silver tumblers filled to heaping with shaved ice.
- ☐ Garnish with mint sprigs, and serve frosty cold.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:4.19, Inflammation Score:-4, Nutrition Score:1.3773913077362%

Flavonoids

Eriodictyol: 2.22mg, Eriodictyol: 2.22mg, Eriodictyol: 2.22mg, Eriodictyol: 2.22mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 167.55kcal (8.38%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 7.39g (2.46%), Net Carbohydrates: 6.88g (2.5%), Sugar: 6.18g (6.86%), Cholesterol: 0mg (0%), Sodium: 2.6mg (0.11%), Alcohol: 20.04g (100%), Alcohol %: 31.95% (100%), Protein: 0.25g (0.5%), Vitamin C: 4.81mg (5.83%), Vitamin A: 255.33IU (5.11%), Manganese: 0.08mg (4.13%), Folate: 8.34µg (2.09%), Fiber: 0.5g (2.01%), Iron: 0.34mg (1.88%), Copper: 0.03mg (1.7%), Calcium: 15.09mg (1.51%), Magnesium: 5.25mg (1.31%), Potassium: 43.19mg (1.23%), Vitamin B2: 0.02mg (1.21%)