

Mint Julep Gelées

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

18

CALORIES

calories

56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bourbon
- ☐ 2 envelopes gelatin powder unflavored
- ☐ 1 sprigs garnishes: mint coarse sparkling sugar fresh
- ☐ 0.5 cup firmly mint leaves fresh packed
- ☐ 0.5 cup sugar
- ☐ 2 cups water cold

Equipment

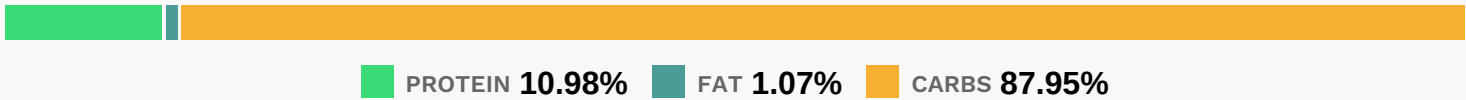
- ☐ sauce pan

☐ loaf pan

Directions

- ☐ Sprinkle gelatin over cold water in a medium saucepan.
- ☐ Let stand 5 minutes.
- ☐ Add mint leaves and sugar. Cook over medium-high heat, stirring often, 3 to 5 minutes or until steaming.
- ☐ Let stand 15 minutes.
- ☐ Remove and discard mint leaves. Stir in bourbon.
- ☐ Pour mixture into a lightly greased 9- x 5-inch loaf pan. Chill 4 hours to 1 week.
- ☐ Cut into squares.
- ☐ Garnish with fresh mint sprigs and coarse sparkling sugar.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:3.88, Inflammation Score:-1, Nutrition Score:0.34565217388065%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg

Nutrients (% of daily need)

Calories: 55.71kcal (2.79%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 5.62g (2.04%), Sugar: 5.54g (6.16%), Cholesterol: 0mg (0%), Sodium: 3.43mg (0.15%), Alcohol: 4.45g (100%), Alcohol %: 11.94% (100%), Protein: 0.71g (1.43%), Copper: 0.03mg (1.42%), Vitamin A: 55.46IU (1.11%)