



Mint Julep Granita



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

Ingredients

- ☐ 1 cup bourbon
- ☐ 0.7 cup fresh mint fresh finely chopped
- ☐ 8 lime wedges
- ☐ 1.5 cups sugar
- ☐ 3 cups water

Equipment

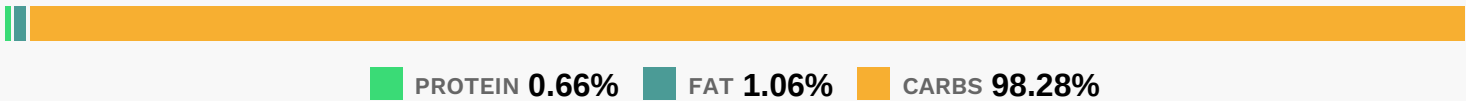
- ☐ bowl
- ☐ sauce pan
- ☐ sieve

☐ baking pan

Directions

- ☐ Combine 3 cups water and sugar in a medium saucepan; bring to a boil, stirring until sugar dissolves. Stir in chopped mint.
- ☐ Remove from heat; cool completely.
- ☐ Strain sugar mixture through a sieve into a 13 x 9-inch baking dish; discard solids. Stir in bourbon. Cover and freeze 8 hours or until firm.
- ☐ Remove mixture from freezer; let stand 15 minutes. Scrape entire mixture with a fork until fluffy.
- ☐ Place about 1/2 cup granita in each of 8 small bowls or glasses; serve with 1 lime wedge.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:14.64, Glycemic Load:26.62, Inflammation Score:0, Nutrition Score:1.4160869332111%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 8.12mg, Hesperetin: 8.12mg, Hesperetin: 8.12mg, Hesperetin: 8.12mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 221.7kcal (11.09%), Fat: 0.19g (0.29%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 38.99g (14.18%), Sugar: 37.73g (41.92%), Cholesterol: 0mg (0%), Sodium: 6.63mg (0.29%), Alcohol: 10.02g (100%), Alcohol %: 7.14% (100%), Protein: 0.27g (0.53%), Vitamin C: 6.43mg (7.79%), Vitamin A: 168.3IU (3.37%), Fiber: 0.8g (3.22%), Manganese: 0.05mg (2.62%), Copper: 0.05mg (2.36%), Iron: 0.33mg (1.83%), Calcium: 18.09mg (1.81%), Folate: 5.72µg (1.43%), Vitamin B2: 0.02mg (1.29%), Magnesium: 4.97mg (1.24%), Potassium: 41.05mg (1.17%)