



Mint Julep Iced Tea

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

BEVERAGE

DRINK

Ingredients

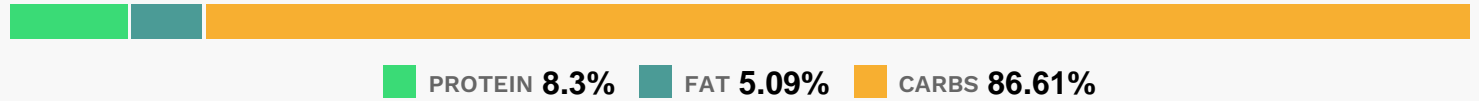
- 1 cup bourbon
- 4 servings ice cubed crushed
- 1 optional: lemon sliced
- 1 lime sliced
- 8 mint leaves
- 3 cups freshly tea sweetened cold

Equipment

Directions

- Combine first 3 ingredients in a 2-quart pitcher, pressing with spoon to crush mint. Stir in bourbon and tea.
- Add ice.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:0.86, Inflammation Score:-8, Nutrition Score:3.4913043447811%

Flavonoids

Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Epigallocatechin: 14.25mg, Epigallocatechin: 14.25mg, Epigallocatechin: 14.25mg, Epigallocatechin: 14.25mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epicatechin 3-gallate: 10.37mg, Epicatechin 3-gallate: 10.37mg, Epicatechin 3-gallate: 10.37mg, Epicatechin 3-gallate: 10.37mg Epigallocatechin 3-gallate: 16.57mg, Epigallocatechin 3-gallate: 16.57mg, Epigallocatechin 3-gallate: 16.57mg, Epigallocatechin 3-gallate: 16.57mg Theaflavin: 2.8mg, Theaflavin: 2.8mg, Theaflavin: 2.8mg, Theaflavin: 2.8mg Thearubigins: 143.9mg, Thearubigins: 143.9mg, Thearubigins: 143.9mg, Thearubigins: 143.9mg Eriodictyol: 6.39mg, Eriodictyol: 6.39mg, Eriodictyol: 6.39mg, Eriodictyol: 6.39mg Hesperetin: 14.94mg, Hesperetin: 14.94mg, Hesperetin: 14.94mg, Hesperetin: 14.94mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg Theaflavin-3,3'-digallate: 3.1mg, Theaflavin-3,3'-digallate: 3.1mg, Theaflavin-3,3'-digallate: 3.1mg, Theaflavin-3,3'-digallate: 3.1mg Theaflavin-3'-gallate: 2.67mg, Theaflavin-3'-gallate: 2.67mg, Theaflavin-3'-gallate: 2.67mg, Theaflavin-3'-gallate: 2.67mg Gallocatechin: 2.21mg, Gallocatechin: 2.21mg, Gallocatechin: 2.21mg, Gallocatechin: 2.21mg

Nutrients (% of daily need)

Calories: 154.63kcal (7.73%), Fat: 0.13g (0.21%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 3.72g (1.35%), Sugar: 0.96g (1.06%), Cholesterol: 0mg (0%), Sodium: 7.45mg (0.32%), Alcohol: 20.04g (100%), Alcohol %: 8.95% (100%), Caffeine: 35.4mg (11.8%), Protein: 0.49g (0.98%), Vitamin C: 19.82mg (24.02%), Manganese: 0.43mg (21.57%), Fiber: 1.38g (5.54%), Folate: 15.44µg (3.86%), Potassium: 132.41mg (3.78%), Copper: 0.06mg (2.9%), Magnesium: 10.09mg (2.52%), Vitamin B2: 0.04mg (2.43%), Iron: 0.42mg (2.35%), Vitamin A: 99.28IU (1.99%), Calcium: 17.44mg (1.74%), Vitamin B6: 0.03mg (1.6%), Vitamin B1: 0.02mg (1.4%), Phosphorus: 12.97mg (1.3%), Vitamin B5: 0.11mg (1.14%)