



## Mint Julep Sauce

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



211 kcal

SAUCE

### Ingredients

- 2 tablespoons butter
- 2 cups mint leaves fresh chopped
- 2 tablespoons shallots minced
- 1 cup water
- 1 tablespoon bourbon whiskey
- 1.5 cups balsamic vinegar white
- 0.3 cup sugar white

### Equipment

sauce pan

sieve

## Directions

Melt the butter in a saucepan over medium heat; cook the shallot in the melted butter until softened, about 5 minutes.

Pour the vinegar, water, and 3 tablespoons of the bourbon into the saucepan; stir the mint and sugar into the liquid until the sugar is dissolved. Increase the heat to high and bring to a boil; immediately remove from heat and allow the mixture to steep for about 15 minutes. Strain through a fine mesh strainer. Stir 1 tablespoon bourbon into the sauce to finish.

## Nutrition Facts



**PROTEIN 3.13%** **FAT 27.94%** **CARBS 68.93%**

## Properties

Glycemic Index:53.77, Glycemic Load:17.08, Inflammation Score:-7, Nutrition Score:5.466521796325%

## Flavonoids

Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg

## Nutrients (% of daily need)

Calories: 211.19kcal (10.56%), Fat: 5.93g (9.13%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 32.93g (10.98%), Net Carbohydrates: 30.97g (11.26%), Sugar: 27.17g (30.19%), Cholesterol: 15.05mg (5.02%), Sodium: 77.66mg (3.38%), Alcohol: 1.35g (100%), Alcohol %: 0.83% (100%), Protein: 1.5g (2.99%), Vitamin A: 1130.93IU (22.62%), Manganese: 0.41mg (20.26%), Iron: 1.9mg (10.55%), Vitamin C: 7.55mg (9.16%), Calcium: 85.92mg (8.59%), Fiber: 1.96g (7.84%), Magnesium: 31.26mg (7.81%), Potassium: 253.79mg (7.25%), Folate: 27.56µg (6.89%), Copper: 0.11mg (5.71%), Phosphorus: 39.39mg (3.94%), Vitamin B2: 0.07mg (3.86%), Zinc: 0.36mg (2.4%), Vitamin B6: 0.05mg (2.32%), Vitamin B3: 0.4mg (1.99%), Vitamin B1: 0.02mg (1.47%), Vitamin E: 0.16mg (1.1%)