



Mint Julep Sweet Tea



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



71 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup bourbon
- ☐ 0.5 cup mint leaves fresh loosely packed
- ☐ 10 servings ice crushed
- ☐ 1 optional: lemon sliced
- ☐ 10 servings mint leaves fresh
- ☐ 2 tablespoons sugar
- ☐ 3 cups freshly tea sweetened cold

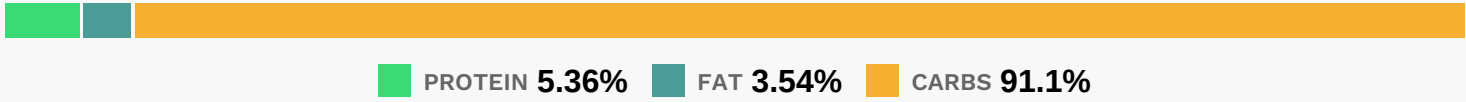
Equipment

Directions

- ☐
- Combine first 3 ingredients in a 2-qt. pitcher. Press mint leaves against sides of pitcher with back of spoon to release flavors. Stir in tea and bourbon.

☐☐

Nutrition Facts



Properties

Glycemic Index:11.06, Glycemic Load:1.86, Inflammation Score:-5, Nutrition Score:1.6021738920523%

Flavonoids

Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 5.7mg, Epigallocatechin: 5.7mg, Epigallocatechin: 5.7mg, Epigallocatechin: 5.7mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epicatechin 3-gallate: 4.15mg, Epicatechin 3-gallate: 4.15mg, Epicatechin 3-gallate: 4.15mg, Epicatechin 3-gallate: 4.15mg Epigallocatechin 3-gallate: 6.63mg, Epigallocatechin 3-gallate: 6.63mg, Epigallocatechin 3-gallate: 6.63mg, Epigallocatechin 3-gallate: 6.63mg Theaflavin: 1.12mg, Theaflavin: 1.12mg, Theaflavin: 1.12mg, Theaflavin: 1.12mg Thearubigins: 57.56mg, Thearubigins: 57.56mg, Thearubigins: 57.56mg, Thearubigins: 57.56mg Eriodictyol: 3.31mg, Eriodictyol: 3.31mg, Eriodictyol: 3.31mg, Eriodictyol: 3.31mg Hesperetin: 3.34mg, Hesperetin: 3.34mg, Hesperetin: 3.34mg, Hesperetin: 3.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg Theaflavin-3,3'-digallate: 1.24mg, Theaflavin-3,3'-digallate: 1.24mg, Theaflavin-3,3'-digallate: 1.24mg, Theaflavin-3,3'-digallate: 1.24mg Theaflavin-3'-gallate: 1.07mg, Theaflavin-3'-gallate: 1.07mg, Theaflavin-3'-gallate: 1.07mg, Theaflavin-3'-gallate: 1.07mg Gallocatechin: 0.88mg, Gallocatechin: 0.88mg, Gallocatechin: 0.88mg, Gallocatechin: 0.88mg

Nutrients (% of daily need)

Calories: 70.79kcal (3.54%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.53g (1.28%), Sugar: 2.67g (2.96%), Cholesterol: 0mg (0%), Sodium: 3.66mg (0.16%), Alcohol: 8.02g (100%), Alcohol %: 9.05% (100%), Caffeine: 14.16mg (4.72%), Protein: 0.24g (0.48%), Manganese: 0.2mg (10.05%), Vitamin C: 6.76mg (8.19%), Vitamin A: 140.44IU (2.81%), Fiber: 0.56g (2.25%), Folate: 8.43µg (2.11%), Potassium: 60.12mg (1.72%), Iron: 0.25mg (1.42%), Magnesium: 5.6mg (1.4%), Copper: 0.03mg (1.36%), Vitamin B2: 0.02mg (1.3%), Calcium: 10.76mg (1.08%)