

Mint Juleps

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



466 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 32 fluid ounces kentucky bourbon
- 8 sprigs mint leaves fresh for garnish
- 2 cups water
- 2 cups sugar white

Equipment

- sauce pan
- sieve
- drinking straws

Directions

- Combine water, sugar and chopped mint leaves in a small saucepan. Bring to a boil over high heat until the sugar is completely dissolved. Allow syrup to cool, approximately 1 hour.
- Pour syrup through a strainer to remove mint leaves
- Fill eight cups or frozen goblets with crushed ice and pour 4 ounces of bourbon and 1/4 cup mint syrup in each. (Proportions can be adjusted depending on each person's sweet tooth). Top each cup with a mint sprig and a straw. Trim straws to just barely protrude from the top of the cups.
- Serve juleps on a silver platter.

Nutrition Facts

PROTEIN 0.07% **FAT 0.76%** **CARBS 99.17%**

Properties

Glycemic Index:10.64, Glycemic Load:34.91, Inflammation Score:-4, Nutrition Score:0.46391304120745%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 466.43kcal (23.32%), Fat: 0.17g (0.26%), Saturated Fat: 0g (0.02%), Carbohydrates: 49.95g (16.65%), Net Carbohydrates: 49.87g (18.13%), Sugar: 49.9g (55.44%), Cholesterol: 0mg (0%), Sodium: 4.95mg (0.22%), Alcohol: 39.51g (100%), Alcohol %: 21.92% (100%), Protein: 0.04g (0.08%), Copper: 0.04mg (2.05%), Manganese: 0.04mg (1.75%)