



## Nimbu Pani Mint Julep

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



1

CALORIES



558 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 ounces kentucky bourbon
- 0.5 bunch mint leaves fresh plus more for muddling and 1 sprig for garnish
- 1 serving ice cubes crushed shaved
- 2 limes juicy
- 0.8 teaspoon indian rock salt black
- 1 serving seltzer water
- 0.5 cup sugar

### Equipment

sauce pan

## Directions

- Combine 1/2 cup water with the sugar, black salt and mint in a small saucepan.
- Heat over medium-high heat until the sugar and salt dissolve into a sweet and salty simple syrup. Strain the syrup and transfer to the fridge to cool. Discard the mint leaves. Squeeze the limes into a pitcher and add the chilled simple syrup. Crush or muddle a few mint leaves in the bottom of an 8-ounce mint julep cup until they form a paste. Fill halfway with ice.
- Add 2 ounces of the simple syrup and the bourbon and top with seltzer. Stir until the silver cup is frosted on the outside. To serve, garnish with a sprig of fresh mint. Reserve the remaining simple syrup for additional drinks.

## Nutrition Facts

 **PROTEIN 0.87%**  **FAT 1.17%**  **CARBS 97.96%**

## Properties

Glycemic Index:117.09, Glycemic Load:73.11, Inflammation Score:-5, Nutrition Score:5.1643478455751%

## Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 57.82mg, Hesperetin: 57.82mg, Hesperetin: 57.82mg, Hesperetin: 57.82mg Naringenin: 4.56mg, Naringenin: 4.56mg, Naringenin: 4.56mg, Naringenin: 4.56mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 557.57kcal (27.88%), Fat: 0.61g (0.93%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 113.97g (37.99%), Net Carbohydrates: 110.06g (40.02%), Sugar: 102.06g (113.41%), Cholesterol: 0mg (0%), Sodium: 1751.99mg (76.17%), Alcohol: 18.94g (100%), Alcohol %: 6.78% (100%), Protein: 1.01g (2.03%), Vitamin C: 39.63mg (48.04%), Fiber: 3.91g (15.65%), Copper: 0.12mg (6.15%), Iron: 0.99mg (5.52%), Calcium: 52.89mg (5.29%), Potassium: 151.57mg (4.33%), Folate: 13µg (3.25%), Vitamin B2: 0.05mg (3.14%), Vitamin A: 151.96IU (3.04%), Vitamin B6: 0.06mg (3.04%), Vitamin B1: 0.05mg (3.02%), Vitamin B5: 0.3mg (2.98%), Phosphorus: 27.85mg (2.78%), Manganese: 0.05mg (2.65%), Magnesium: 10.26mg (2.56%), Vitamin E: 0.29mg (1.97%), Selenium: 1.14µg (1.63%), Vitamin B3: 0.31mg (1.55%), Zinc: 0.21mg (1.42%)