



Stonefruit and Mint Julep

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



1145 kcal

SIDE DISH

Ingredients

- 1 serving lavender sprigs for garnish
- 1 serving lime wedges
- 2 cups stonefruit puree (peach, nectarine, apricot, plum, etc.)
- 2 cups mint leaves
- 1 cup sugar plus more for garnish
- 0.5 cup water
- 2 bottles southern whiskey

Equipment

pot

plastic wrap

Directions

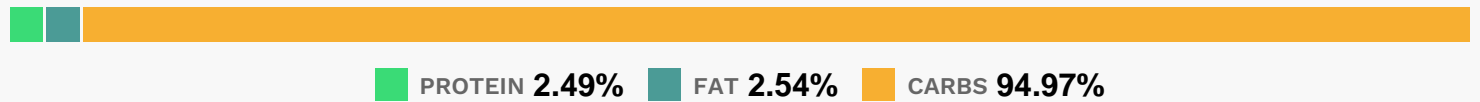
To make a mint-flavored simple syrup, begin by boiling the water and sugar with 2 cups of roughly torn and bruised mint in large sauce pot. Boil just until the sugar dissolves completely. Cool and strain the mint out of mixture.

Add 2 bottles of whiskey and fruit puree to the infusion.

Pour the mixture into a large bottle or pitcher. Stuff the pitcher with the remaining bunch of fresh mint. Cap and put in freezer overnight (if using a pitcher cover with plastic wrap).

Glasses: Wipe the rim of each glass with a lime wedge, then in sugar for a frosted appearance and chill. Fill with julep mixture straight from the frozen bottle and garnish with a mint or lavender sprig.

Nutrition Facts



Properties

Glycemic Index:168.84, Glycemic Load:175.01, Inflammation Score:-10, Nutrition Score:34.021738923114%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Catechin: 8.77mg, Catechin: 8.77mg, Catechin: 8.77mg, Catechin: 8.77mg Eriodictyol: 27.83mg, Eriodictyol: 27.83mg, Eriodictyol: 27.83mg, Eriodictyol: 27.83mg Hesperetin: 9.57mg, Hesperetin: 9.57mg, Hesperetin: 9.57mg, Hesperetin: 9.57mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.9mg, Apigenin: 4.9mg, Apigenin: 4.9mg, Apigenin: 4.9mg Luteolin: 11.5mg, Luteolin: 11.5mg, Luteolin: 11.5mg, Luteolin: 11.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg

Nutrients (% of daily need)

Calories: 1144.79kcal (57.24%), Fat: 3.44g (5.29%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 289.32g (96.44%), Net Carbohydrates: 273.93g (99.61%), Sugar: 269.49g (299.43%), Cholesterol: 0mg (0%), Sodium: 40.93mg (1.78%), Alcohol: 0.72g (100%), Alcohol %: 0.1% (100%), Protein: 7.57g (15.15%), Vitamin C: 214.67mg (260.21%), Vitamin A: 9344.9IU (186.9%), Folate: 321.98µg (80.5%), Manganese: 1.39mg (69.4%), Fiber: 15.39g (61.55%), Copper: 0.9mg (44.8%), Potassium: 1373.94mg (39.26%), Vitamin B6: 0.72mg (36.17%), Magnesium: 124.24mg

(31.06%), Iron: 5.51mg (30.63%), Vitamin E: 4.59mg (30.61%), Calcium: 282.88mg (28.29%), Vitamin B2: 0.47mg (27.73%), Vitamin B3: 4.95mg (24.75%), Vitamin K: 21.43µg (20.41%), Vitamin B1: 0.22mg (14.47%), Phosphorus: 137.34mg (13.73%), Vitamin B5: 1.31mg (13.11%), Zinc: 1.49mg (9.94%), Selenium: 4.26µg (6.09%)