



Sweet Tea Julep Pops

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



108 kcal

DESSERT

Ingredients

- ☐ 0.8 cup bourbon
- ☐ 3.5 inch food-safe wooden ice-cream spoons
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 cup firmly mint leaves fresh packed
- ☐ 3 oz paper cups
- ☐ 0.5 cup sugar
- ☐ 2 family-size tea bags
- ☐ 1 cup water cold

☐ 2 cups water

Equipment

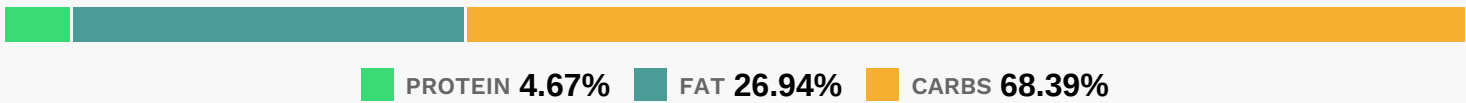
☐ sauce pan

☐ aluminum foil

Directions

- ☐ Bring 2 cups water to a boil in a 2-qt. saucepan.
- ☐ Remove from heat, add tea bags, and stir in 1 cup firmly packed fresh mint leaves. Cover and steep 10 minutes. Discard tea bags and mint. Stir in 1 cup cold water, bourbon, sugar, and lemon juice, stirring until sugar dissolves.
- ☐ Pour mixture into paper cups; add a mint leaf and small lemon slice to each, if desired.
- ☐ Cover each cup with aluminum foil; make a small slit in center, and insert 1 ice-cream spoon into each cup. Freeze 8 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:5.92, Inflammation Score:-2, Nutrition Score:1.3769565303203%

Flavonoids

Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 108.22kcal (5.41%), Fat: 2.31g (3.56%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 12.65g (4.6%), Sugar: 11.91g (13.24%), Cholesterol: 0.75mg (0.25%), Sodium: 30.29mg (1.32%), Alcohol: 5.01g (100%), Alcohol %: 6.45% (100%), Protein: 0.9g (1.81%), Vitamin A: 166.61IU (3.33%), Vitamin C: 2.67mg (3.24%), Manganese: 0.05mg (2.38%), Fiber: 0.57g (2.29%), Copper: 0.04mg (2.17%), Folate: 8.61µg (2.15%), Magnesium: 8.31mg (2.08%), Vitamin B3: 0.39mg (1.94%), Calcium: 17.67mg (1.77%), Iron: 0.29mg (1.61%), Phosphorus: 15.83mg (1.58%), Potassium: 51.45mg (1.47%), Vitamin B2: 0.02mg (1.31%), Vitamin B1: 0.02mg (1.1%),

Zinc: 0.15mg (1.01%)