



## Tea and Whiskey Highball

 Vegetarian  Vegan  Dairy Free

READY IN



210 min.

SERVINGS



8

CALORIES



347 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups granulated sugar
- 8 servings ice cubes
- 8 mint leaves for garnish
- 2 cranberry-orange relish
- 2 cups bourbon
- 1 cup water

### Equipment

- bowl

- sauce pan
- sieve
- peeler

## Directions

- For the tea:Using a vegetable peeler, remove the zest from the oranges in wide strips, avoiding as much of the white pith as possible. Set half of the zest aside for steeping and refrigerate the remaining half in a zip-top bag or other airtight container for garnishing.Bring the water to a boil, remove from the heat, and add the loose tea or tea bags and the orange zest set aside for steeping.
- Let steep for 5 minutes.
- Place all of the ingredients in a small saucepan, stir to combine, and bring to a simmer over medium-high heat. Reduce the heat to medium low and simmer, stirring occasionally, until the sugar has completely dissolved and the syrup has slightly thickened, about 5 minutes.
- Remove from the heat and let cool to room temperature, about 1 hour. Strain through a fine-mesh strainer set over a medium bowl; discard the solids. Cover and refrigerate until ready to use.To serve:When ready to serve, stir the Scotch or bourbon and half of the mint syrup (about 1 cup) into the tea. Taste and add more syrup as needed. Fill 8 highball glasses with ice and add several strips of the remaining orange zest to each glass.
- Pour the tea mixture over the ice, garnish with a sprig of mint, and serve.

## Nutrition Facts

**PROTEIN 0.63%** **FAT 0.86%** **CARBS 98.51%**

## Properties

Glycemic Index:15.95, Glycemic Load:36.21, Inflammation Score:-4, Nutrition Score:2.1060869628968%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 9.03mg, Hesperetin: 9.03mg, Hesperetin: 9.03mg, Hesperetin: 9.03mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 347.19kcal (17.36%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 53.81g (17.94%), Net Carbohydrates: 52.95g (19.25%), Sugar: 52.96g (58.85%), Cholesterol: 0mg (0%), Sodium: 5.69mg (0.25%), Alcohol: 20.04g (100%), Alcohol %: 11.08% (100%), Protein: 0.35g (0.69%), Vitamin C: 17.74mg (21.5%), Fiber: 0.87g (3.46%), Folate: 10.97µg (2.74%), Copper: 0.05mg (2.39%), Vitamin A: 116.17IU (2.32%), Vitamin B1: 0.03mg (2.19%), Potassium: 67.17mg (1.92%), Calcium: 18.6mg (1.86%), Manganese: 0.03mg (1.64%), Vitamin B2: 0.03mg (1.63%), Magnesium: 4.93mg (1.23%), Vitamin B6: 0.02mg (1.08%)