



## Tea Time Bourbon Cocktail



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



301 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 2 cup freshly tea unsweetened black brewed
- ☐ 1 cup blueberries fresh
- ☐ 2 cup bourbon
- ☐ 8 slice optional: lemon
- ☐ 1 cup juice of lemon fresh
- ☐ 7 tablespoon sugar raw
- ☐ 1 cup rosé fruity

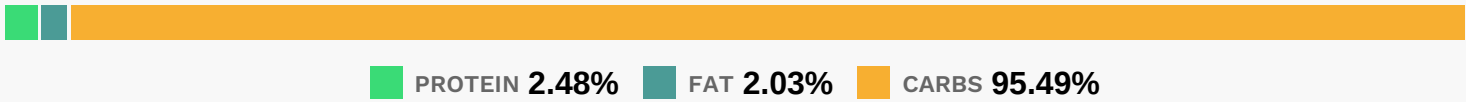
## Equipment

- ☐ sauce pan
- ☐ teapot

## Directions

- ☐ Make the simple syrup: Stir together sugar with 7 tablespoons hot water in a small saucepan set over medium heat until sugar is dissolved. Set aside to cool.Prepare the cocktail: Put half the blueberries into the bottom of a large tea pot or pitcher. Use a muddler or wodden spoon to break up the fruit. It should be slightly mashed, but not pureed.
- ☐ Pour in the prepared simple syrup, bourbon, lemon juice and ros  . Refrigerate until chilled, about 2 hours.
- ☐ Serve over ice in tall glasses, with lemon slices and remaining blueberries for garnish.

## Nutrition Facts



## Properties

Glycemic Index:13.42, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:10.032608676216%

## Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg Epigallocatechin: 6.5mg, Epigallocatechin: 6.5mg, Epigallocatechin: 6.5mg, Epigallocatechin: 6.5mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg Theaflavin: 1.24mg, Theaflavin: 1.24mg, Theaflavin: 1.24mg, Theaflavin: 1.24mg Thearubigins: 63.96mg, Thearubigins: 63.96mg, Thearubigins: 63.96mg, Thearubigins: 63.96mg Eriodictyol: 3.98mg, Eriodictyol: 3.98mg, Eriodictyol: 3.98mg, Eriodictyol: 3.98mg Hesperetin: 8.49mg, Hesperetin: 8.49mg, Hesperetin: 8.49mg, Hesperetin: 8.49mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg Gallocatechin: 1.01mg, Gallocatechin: 1.01mg, Gallocatechin: 1.01mg, Gallocatechin: 1.01mg

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Nutrients (% of daily need)

Calories: 301.45kcal (15.07%), Fat: 0.28g (0.43%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 23.47g (8.54%), Sugar: 18.15g (20.16%), Cholesterol: 0mg (0%), Sodium: 5.27mg (0.23%), Alcohol: 26.72g (100%), Alcohol %: 12.61% (100%), Caffeine: 15.73mg (5.24%), Protein: 0.77g (1.53%), Vitamin C: 113.25mg (137.27%), Manganese: 0.5mg (24.98%), Fiber: 6.08g (24.31%), Vitamin A: 937.51IU (18.75%), Vitamin K: 10.24µg (9.76%), Vitamin E: 1.45mg (9.68%), Potassium: 199.33mg (5.7%), Magnesium: 21.91mg (5.48%), Calcium: 43.8mg (4.38%), Vitamin B2: 0.07mg (3.97%), Folate: 15.21µg (3.8%), Copper: 0.07mg (3.69%), Vitamin B5: 0.28mg (2.8%), Vitamin B6: 0.06mg (2.79%), Iron: 0.48mg (2.68%), Phosphorus: 24.75mg (2.47%), Vitamin B3: 0.44mg (2.18%), Vitamin B1: 0.03mg (2.05%), Zinc: 0.17mg (1.13%)