

Traditional Mint Julep

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



1

CALORIES



900 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz ice with crushed ice
- 1 bunch mint leaves fresh
- 1 serving mint leaves fresh for garnish
- 1 oz mint leaves
- 1 cup sugar
- 1 cup water
- 1.5 oz irish whiskey

Equipment

sauce pan

Directions

To make the mint simple syrup, add the water and the sugar to a small saucepan and boil for 1 to 2 minutes stirring until sugar is dissolved. Muddle mint slightly to release natural oils, stir it into the syrup mixture. Set aside to cool for about 10 minutes.

Fill an 8-oz glass with crushed ice.

Pour in the whisky and give it a good stir. Then top with the mint syrup and a few sprigs of fresh mint.

Enjoy slowly (and responsibly).

Nutrition Facts

 PROTEIN 0.6%  FAT 1.03%  CARBS 98.37%

Properties

Glycemic Index:85.09, Glycemic Load:139.63, Inflammation Score:-8, Nutrition Score:6.4260869699976%

Flavonoids

Eriodictyol: 10.31mg, Eriodictyol: 10.31mg, Eriodictyol: 10.31mg, Eriodictyol: 10.31mg Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg, Hesperetin: 3.39mg Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 4.22mg, Luteolin: 4.22mg, Luteolin: 4.22mg, Luteolin: 4.22mg

Nutrients (% of daily need)

Calories: 899.66kcal (44.98%), Fat: 0.95g (1.47%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 204.21g (68.07%), Net Carbohydrates: 201.54g (73.29%), Sugar: 199.64g (221.83%), Cholesterol: 0mg (0%), Sodium: 35.51mg (1.54%), Alcohol: 15.31g (100%), Alcohol %: 2.62% (100%), Protein: 1.25g (2.5%), Vitamin A: 1416.69IU (28.33%), Manganese: 0.4mg (20.18%), Vitamin C: 10.61mg (12.85%), Fiber: 2.67g (10.67%), Copper: 0.2mg (10.19%), Iron: 1.8mg (10.01%), Calcium: 96.94mg (9.69%), Folate: 38.02µg (9.5%), Magnesium: 31.31mg (7.83%), Vitamin B2: 0.13mg (7.48%), Potassium: 194.18mg (5.55%), Zinc: 0.44mg (2.97%), Vitamin B3: 0.59mg (2.95%), Phosphorus: 25.62mg (2.56%), Vitamin B6: 0.04mg (2.15%), Vitamin B1: 0.03mg (2.05%), Selenium: 1.2µg (1.71%), Vitamin B5: 0.11mg (1.13%)