

Mint Julep

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mint-drink-recipe-indian>

Ingredients:

- 2 cups water
- 2 cups white sugar
- 1/2 cup mint leaves packed
- 32 ounces bourbon Kentucky
- 8 sprigs mint fresh, for garnish, optional

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 51 grams
3. Sugar: 50 grams

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