

# Mint Julep Iced Tea

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-iced-tea-recipe-alcoholic>

## Ingredients:

- 8 fresh mint leaves
- 1 lemon sliced
- 1 lime sliced
- 1 cup bourbon
- 3 cups tea cold sweetened
- mint sprigs optional
- lemon slices optional

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 10 grams
3. Fiber: 4 grams
4. Protein: 1 grams
5. Sodium: 10 milligrams
6. Sugar: 1 grams

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