



Beer-Battered Brownies

 Vegetarian  Dairy Free

READY IN



160 min.

SERVINGS



16

CALORIES



227 kcal

DESSERT

Ingredients

- 16 oz brownie mix
- 0.3 cup water
- 0.3 cup vegetable oil
- 1 eggs
- 2 cups flour all-purpose
- 3 teaspoons double-acting baking powder
- 1 teaspoon salt
- 12 oz beer dark chilled

- 1 serving vegetable oil for deep frying
- 0.5 teaspoon sea salt

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- wire rack
- toothpicks
- dutch oven

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of 8- or 9-inch square pan with shortening or cooking spray. In medium bowl, stir brownie mix, pouch of chocolate syrup, water, 1/4 cup oil and the egg until well blended.
- Spread batter in pan.
- Bake 8-inch pan 38 to 40 minutes, 9-inch pan 34 to 37 minutes, or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely in pan on cooling rack, about 1 hour 30 minutes.
- Cut into 4 rows by 4 rows.
- In 5-quart Dutch oven or heavy saucepan, heat 2 to 3 inches oil to 350°F. In medium bowl, mix flour, baking powder, 1 teaspoon salt and the beer with whisk until smooth. Working in small batches, dip brownies into batter. Fry in hot oil about 2 minutes or until golden brown.
- Drain on paper towels; sprinkle with sea salt.

Nutrition Facts



Properties

Glycemic Index:12.97, Glycemic Load:9.12, Inflammation Score:-2, Nutrition Score:3.3752174183078%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 227.03kcal (11.35%), Fat: 7.43g (11.42%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 35.1g (11.7%), Net Carbohydrates: 34.68g (12.61%), Sugar: 14.11g (15.68%), Cholesterol: 10.23mg (3.41%), Sodium: 385.55mg (16.76%), Alcohol: 0.83g (100%), Alcohol %: 1.36% (100%), Protein: 3.42g (6.84%), Iron: 1.66mg (9.22%), Selenium: 6.27µg (8.96%), Vitamin B1: 0.12mg (8.32%), Folate: 31.16µg (7.79%), Vitamin K: 6.64µg (6.32%), Vitamin B2: 0.1mg (5.59%), Manganese: 0.11mg (5.48%), Vitamin B3: 1.03mg (5.17%), Calcium: 49.05mg (4.91%), Phosphorus: 41.73mg (4.17%), Vitamin E: 0.33mg (2.21%), Fiber: 0.42g (1.69%), Magnesium: 5.29mg (1.32%), Copper: 0.03mg (1.32%), Vitamin B5: 0.12mg (1.19%), Vitamin B6: 0.02mg (1.07%)