



Beer-Battered Brownies



Vegetarian



Dairy Free

READY IN



160 min.

SERVINGS



16

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 box brownie mix (1 lb 2.4 oz)
- ☐ 0.5 teaspoon sea salt
- ☐ 12 oz beer dark chilled
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil

- ☐ 16 servings vegetable oil for deep frying
- ☐ 0.3 cup water

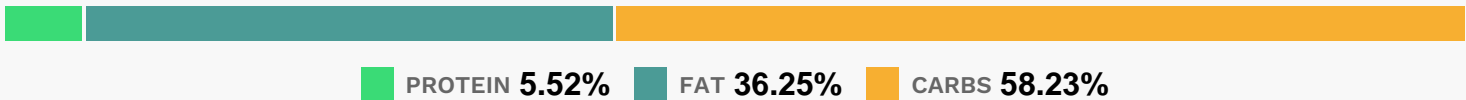
Equipment

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

Directions

- ☐ Heat oven to 350F (325F 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 350F. 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:3.6613043818785%

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: 265.78kcal (13.29%), Fat: 10.48g (16.12%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 37.44g (13.61%), Sugar: 15.86g (17.62%), Cholesterol: 10.23mg (3.41%), Sodium: 395.84mg (17.21%), Alcohol: 0.83g (100%), Alcohol %: 1.12% (100%), Protein: 3.59g (7.18%), Vitamin K: 11.47µg (10.92%), Iron: 1.76mg (9.77%), Selenium: 6.27µg (8.96%), Vitamin B1: 0.12mg (8.32%), Folate: 31.16µg (7.79%), 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: 0.55mg (3.64%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.32%), Magnesium: 5.29mg (1.32%), Vitamin B5: 0.12mg (1.19%), Vitamin B6: 0.02mg (1.07%)