



WHATSheATE



Bourbon Fudge Brownies

READY IN



45 min.

SERVINGS



20

CALORIES



148 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup bourbon
- ☐ 6 tablespoons butter softened
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup semi chocolate chips
- ☐ 1.3 cups sugar
- ☐ 0.5 cup cocoa powder unsweetened

☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Bring bourbon to a boil in a small saucepan; remove from heat.
- ☐ Add chocolate chips, stirring until smooth.
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine the flour, cocoa, baking powder, and salt, stirring with a whisk.
- ☐ Combine sugar and butter in a large bowl; beat with a mixer at medium speed until well combined.
- ☐ Add vanilla and eggs; beat well.
- ☐ Add flour mixture and bourbon mixture to sugar mixture, beating at low speed just until combined.
- ☐ Spread batter into a 9-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in the center comes out clean. Cool in pan on wire rack.

Nutrition Facts



 PROTEIN **5.96%**  FAT **31.63%**  CARBS **62.41%**

Properties

Glycemic Index:15.1, Glycemic Load:14.54, Inflammation Score:-2, Nutrition Score:3.261304360369%

Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 147.98kcal (7.4%), Fat: 5.17g (7.96%), Saturated Fat: 3g (18.74%), Carbohydrates: 22.96g (7.65%), Net Carbohydrates: 21.74g (7.9%), Sugar: 14.23g (15.81%), Cholesterol: 27.76mg (9.26%), Sodium: 114.48mg (4.98%), Alcohol: 1.04g (100%), Alcohol %: 3.3% (100%), Caffeine: 6.88mg (2.29%), Protein: 2.19g (4.39%), Manganese: 0.18mg (8.96%), Selenium: 5.33µg (7.62%), Copper: 0.13mg (6.42%), Iron: 0.99mg (5.53%), Vitamin B1: 0.08mg (5.23%), Folate: 20.32µg (5.08%), Fiber: 1.23g (4.92%), Phosphorus: 47.17mg (4.72%), Vitamin B2: 0.08mg (4.68%), Magnesium: 17.5mg (4.38%), Vitamin B3: 0.63mg (3.13%), Vitamin A: 133.08IU (2.66%), Zinc: 0.34mg (2.29%), Calcium: 21.29mg (2.13%), Potassium: 63.9mg (1.83%), Vitamin B5: 0.13mg (1.35%), Vitamin E: 0.17mg (1.14%)