



Chocolate-Stout Brownies

READY IN



130 min.

SERVINGS



16

CALORIES



379 kcal

DESSERT

Ingredients

- ☐ 16 ounces bittersweet chocolate divided chopped
- ☐ 3 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 1 cup porter (such as Guinness)
- ☐ 1.5 cups sugar
- ☐ 1 cup butter unsalted ()
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Line a 9x9x2" metal baking pan with foil, leaving a 2" overhang. Bring stout to a boil in a medium saucepan; cook until reduced to 1/2 cup, about 12 minutes.
- ☐ Let cool. Reserve 1/4 cup stout.
- ☐ Stir 12 ounces chocolate and 1 cup butter in a medium metal bowl set over a saucepan of simmering water until melted and smooth.
- ☐ Whisk sugar, eggs, and vanilla in a large bowl to blend. Gradually whisk in chocolate mixture, then 1/4 cup stout from pan. Fold in flour and 1 1/4 teaspoons salt.
- ☐ Pour batter into prepared pan.
- ☐ Bake brownies until surface begins to crack and a tester inserted into center comes out with a few moist crumbs attached, 35–40 minutes.
- ☐ Transfer pan to a wire rack and let cool for at least 20 minutes. Stir remaining 4 ounces chocolate in a medium metal bowl set over a saucepan of simmering water until melted and smooth.
- ☐ Add reserved 1/4 cup reduced stout, remaining 2 tablespoons butter, and 1/4 teaspoon salt; whisk until well blended.
- ☐ Pour warm glaze over brownies.
- ☐ Let stand at room temperature until glaze is set, about 40 minutes. DO AHEAD: Can be made 8 hours ahead. Cover and let stand at room temperature.
- ☐ Using foil overhang, lift brownie from pan; cut into squares.

Nutrition Facts



 **PROTEIN 3.89%**  **FAT 55.48%**  **CARBS 40.63%**

Properties

Glycemic Index:9.07, Glycemic Load:16.32, Inflammation Score:-4, Nutrition Score:6.576956577923%

Nutrients (% of daily need)

Calories: 378.57kcal (18.93%), Fat: 23.38g (35.97%), Saturated Fat: 13.84g (86.48%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 36.09g (13.12%), Sugar: 29.21g (32.46%), Cholesterol: 67.08mg (22.36%), Sodium: 236.05mg (10.26%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Caffeine: 24.38mg (8.13%), Protein: 3.69g (7.38%), Manganese: 0.42mg (21.03%), Copper: 0.37mg (18.65%), Magnesium: 52.63mg (13.16%), Iron: 2.24mg (12.46%), Selenium: 7.5µg (10.72%), Phosphorus: 102.02mg (10.2%), Fiber: 2.43g (9.7%), Vitamin A: 419.35IU (8.39%), Zinc: 0.93mg (6.19%), Vitamin B2: 0.09mg (5.55%), Potassium: 184.14mg (5.26%), Vitamin E: 0.6mg (3.99%), Vitamin B1: 0.06mg (3.97%), Folate: 15.55µg (3.89%), Vitamin B3: 0.6mg (2.99%), Vitamin K: 3.08µg (2.93%), Calcium: 27.46mg (2.75%), Vitamin B5: 0.27mg (2.7%), Vitamin D: 0.4µg (2.67%), Vitamin B12: 0.16µg (2.64%), Vitamin B6: 0.03mg (1.43%)