



Double-Frosted Bourbon Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



164 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup bourbon
- ☐ 30 servings warm chocolate glaze
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 6 ounce semisweet chocolate morsels
- ☐ 0.3 cup shortening

- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 2 tablespoons water

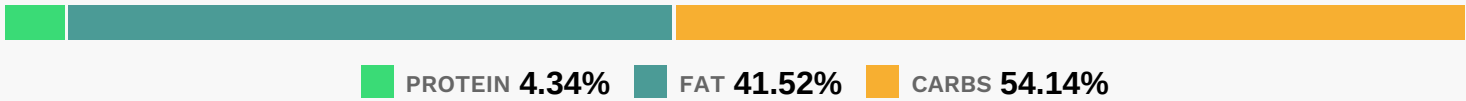
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Combine first 3 ingredients, stirring well. Set aside.
- ☐ Combine sugar, shortening, and water in a medium saucepan. Bring to a boil over medium heat, stirring constantly; remove from heat.
- ☐ Add chocolate morsels and vanilla, stirring until smooth.
- ☐ Add eggs, one at a time, stirring after each addition.
- ☐ Add flour mixture and walnuts; stir well.
- ☐ Spoon into a greased 9" square pan.
- ☐ Bake at 325 for 30 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Sprinkle bourbon evenly over warm brownies. Cool completely in pan on a wire rack.
- ☐ Spread White Frosting over uncut brownies.
- ☐ Pour warm Chocolate Glaze over frosting.
- ☐ Let stand until set.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:4.11, Inflammation Score:-1, Nutrition Score:2.6634782564057%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 163.6kcal (8.18%), Fat: 7.43g (11.43%), Saturated Fat: 2.21g (13.8%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 21g (7.64%), Sugar: 17.61g (19.57%), Cholesterol: 12.89mg (4.3%), Sodium: 35.05mg (1.52%), Alcohol: 0.71g (100%), Alcohol %: 2.27% (100%), Caffeine: 4.88mg (1.63%), Protein: 1.75g (3.5%), Manganese: 0.23mg (11.67%), Copper: 0.14mg (7.07%), Magnesium: 17.56mg (4.39%), Selenium: 2.92µg (4.17%), Phosphorus: 40.25mg (4.02%), Iron: 0.68mg (3.8%), Fiber: 0.8g (3.2%), Vitamin B1: 0.04mg (2.83%), Folate: 11.26µg (2.81%), Vitamin B2: 0.05mg (2.76%), Zinc: 0.35mg (2.31%), Potassium: 62.1mg (1.77%), Vitamin K: 1.74µg (1.66%), Vitamin E: 0.24mg (1.58%), Vitamin B6: 0.03mg (1.54%), Vitamin B3: 0.28mg (1.42%), Vitamin B5: 0.13mg (1.27%), Calcium: 12.34mg (1.23%)