



Guinness Stout Brownies

READY IN



45 min.

SERVINGS



36

CALORIES



151 kcal

DESSERT

Ingredients

- ☐ 8 ounces bittersweet chocolate dark chopped
- ☐ 4 large eggs at room temperature
- ☐ 4.5 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi-sweet chocolate chips
- ☐ 10 ounces guinness extra stout beer room temperature
- ☐ 6 tablespoons butter unsalted cut into cubes room temperature
- ☐ 0.8 cup cocoa powder unsweetened

☐ 0.8 cup chocolate chips white

Equipment

☐ bowl

☐ oven

☐ whisk

☐ mixing bowl

☐ baking pan

☐ toothpicks

☐ aluminum foil

☐ microwave

Directions

☐ Preheat the oven to 375 degrees F. Line a 9 x 13-inch baking pan with nonstick foil (Reynolds Release)In a medium bowl, whisk together flour, cocoa powder, and salt until evenly combined.Set aside.Melt butter, bittersweet chocolate and white chips in a double-boiler over very low heat, stirring constantly until melted.

☐ Remove from heat. Alternatively, you may do this in the microwave, microwaving on high and stirring every 30 seconds.In a large mixing bowl, beat eggs and sugar on high speed until light and fluffy, about 3 minutes.

☐ Add melted chocolate mixture, beating until combined.Beat reserved flour mixture into melted chocolate mixture.

☐ Whisk in Guinness stout beer. The batter will seem a bit thin. Drop semisweet chocolate chips evenly on top of batter (some will sink in).

☐ Pour into prepared baking pan.

☐ Bake 25 to 30 minutes on center rack in the oven, until a toothpick inserted in the center comes out almost clean.

☐ Let brownies cool, uncovered, to room temperature. Dust with confectioners' sugar before serving.

Nutrition Facts



 **PROTEIN 6.16%**  **FAT 48.01%**  **CARBS 45.83%**

Properties

Glycemic Index:5.97, Glycemic Load:7.38, Inflammation Score:-2, Nutrition Score:3.7517391269946%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 150.65kcal (7.53%), Fat: 8.2g (12.61%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 17.61g (5.87%), Net Carbohydrates: 15.95g (5.8%), Sugar: 11.92g (13.24%), Cholesterol: 27.14mg (9.05%), Sodium: 29.29mg (1.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.72mg (4.57%), Protein: 2.37g (4.73%), Manganese: 0.24mg (12.15%), Copper: 0.22mg (10.97%), Magnesium: 30.53mg (7.63%), Iron: 1.23mg (6.82%), Fiber: 1.66g (6.64%), Phosphorus: 64.16mg (6.42%), Selenium: 4.33µg (6.18%), Vitamin B2: 0.07mg (3.83%), Zinc: 0.54mg (3.63%), Potassium: 113.37mg (3.24%), Vitamin B1: 0.04mg (2.5%), Folate: 10µg (2.5%), Calcium: 20.94mg (2.09%), Vitamin A: 95.02IU (1.9%), Vitamin B3: 0.37mg (1.87%), Vitamin B5: 0.16mg (1.64%), Vitamin B12: 0.09µg (1.58%), Vitamin E: 0.22mg (1.45%), Vitamin K: 1.38µg (1.31%)