



WHATSheATE



## Guinness Stout Brownies II

READY IN



45 min.

SERVINGS



16

CALORIES



339 kcal

DESSERT

### Ingredients

- ☐ 8 ounces bittersweet chocolate dark chopped
- ☐ 4 large eggs at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 16 servings guinness stout brownies
- ☐ 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 dark unsweetened (used a combo of Hershey's and natural)
- ☐ 0.8 teaspoon vanilla
- ☐ 0.8 cup chocolate chips white

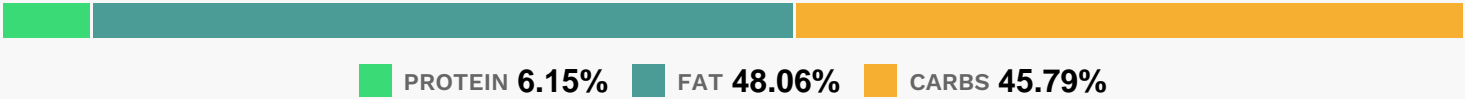
## Equipment

- ☐ 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 and vanilla. 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



## Properties

Glycemic Index:13.44, Glycemic Load:16.52, Inflammation Score:-4, Nutrition Score:8.4243478070459%

## Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 339.28kcal (16.96%), Fat: 18.44g (28.38%), Saturated Fat: 10.59g (66.22%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 35.82g (13.02%), Sugar: 26.84g (29.82%), Cholesterol: 61.07mg (20.36%), Sodium: 65.91mg (2.87%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Caffeine: 30.87mg (10.29%), Protein: 5.31g (10.62%), Manganese: 0.55mg (27.31%), Copper: 0.49mg (24.67%), Magnesium: 68.67mg (17.17%), Iron: 2.76mg (15.32%), Fiber: 3.73g (14.91%), Phosphorus: 144.19mg (14.42%), Selenium: 9.68µg (13.83%), Vitamin B2: 0.15mg (8.58%), Zinc: 1.22mg (8.16%), Potassium: 255.2mg (7.29%), Folate: 22.21µg (5.55%), Vitamin B1: 0.08mg (5.54%), Calcium: 47.12mg (4.71%), Vitamin A: 213.78IU (4.28%), Vitamin B3: 0.83mg (4.17%), Vitamin B5: 0.37mg (3.69%), Vitamin B12: 0.21µg (3.54%), Vitamin E: 0.49mg (3.27%), Vitamin K: 3.11µg (2.96%), Vitamin D: 0.33µg (2.19%), Vitamin B6: 0.04mg (2.15%)