



Irish Whiskey Brownies

READY IN



205 min.

SERVINGS



24

CALORIES



222 kcal

DESSERT

Ingredients

- 16 oz brownie mix
- 0.7 cup toffee chips (from 8-oz bag)
- 0.5 cup butter
- 0.3 cup cocoa powder unsweetened
- 0.3 teaspoon salt
- 0.3 cup irish whiskey
- 1 teaspoon vanilla
- 3 cups powdered sugar

Equipment

- frying pan
- sauce pan
- oven
- whisk
- wire rack
- toothpicks
- aluminum foil

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Line 9-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray. Make brownie batter as directed on box for cakelike brownies; stir in toffee bits.
- Spread in pan.
- Bake 28 to 31 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean.
- Place pan on cooling rack.
- Meanwhile, in 2-quart saucepan, melt butter over medium heat. Stir in cocoa, salt, whiskey and vanilla.
- Heat to boiling, stirring constantly; remove from heat. Using whisk, gradually beat in powdered sugar. Return to heat; cook over medium heat about 2 minutes, stirring constantly, until mixture is pourable.
- Pour hot frosting over warm brownies; spread over top until smooth. Cool completely, about 2 1/2 hours.
- Using foil to lift, remove brownies from pan, and peel foil away.
- Cut into 6 rows by 4 rows.

Nutrition Facts



PROTEIN 2.28% **FAT 34.53%** **CARBS 63.19%**

Properties

Glycemic Index:4.83, Glycemic Load:2.17, Inflammation Score:-1, Nutrition Score:0.99130434526697%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 221.76kcal (11.09%), Fat: 8.44g (12.98%), Saturated Fat: 4.37g (27.32%), Carbohydrates: 34.74g (11.58%), Net Carbohydrates: 34.3g (12.47%), Sugar: 28.26g (31.4%), Cholesterol: 17mg (5.67%), Sodium: 119.26mg (5.19%), Alcohol: 0.94g (100%), Alcohol %: 2.43% (100%), Protein: 1.25g (2.5%), Iron: 0.71mg (3.94%), Vitamin A: 193.89IU (3.88%), Manganese: 0.05mg (2.36%), Copper: 0.05mg (2.35%), Fiber: 0.44g (1.77%), Magnesium: 6.34mg (1.58%), Phosphorus: 12.09mg (1.21%), Vitamin E: 0.17mg (1.15%)