



## Irish Whiskey Brownies

 Popular

READY IN



205 min.

SERVINGS



32

CALORIES



332 kcal

DESSERT

### Ingredients

- ☐ 2 boxes brownie mix
- ☐ 0.8 cup butter
- ☐ 4 eggs
- ☐ 5.5 cups powdered sugar
- ☐ 1 teaspoon salt
- ☐ 8 oz toffee chips
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 tablespoon vanilla

- ☐ 1 cup vegetable oil
- ☐ 1 cup water
- ☐ 0.5 cup irish whiskey (single-malt)

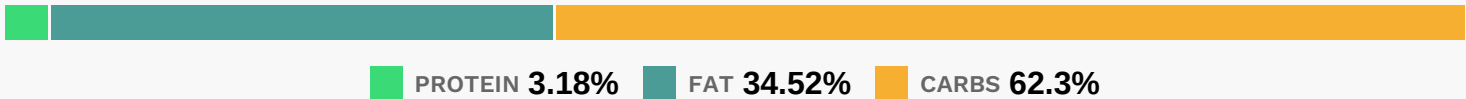
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ skewers

## Directions

- ☐ Heat oven to 350F. Spray 13x9-inch pan with cooking spray. Make brownie batter as directed on box, using water, oil, eggs and stirring in toffee bits.
- ☐ Pour into pan.
- ☐ Bake 45 to 55 minutes.
- ☐ Place pan on cooling rack.
- ☐ When brownies come out of oven, in 2-quart saucepan, melt butter over medium heat. Stir in cocoa, salt, vanilla and whiskey.
- ☐ Heat to boiling, stirring constantly. Slowly, beat in powdered sugar with whisk. Cook 5 minutes longer.
- ☐ With bamboo skewer or knife, poke holes in brownies.
- ☐ Pour hot frosting over warm brownies; spread over top until smooth. Cool at least 2 hours before cutting. For bars, cut into 8 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:3.63, Glycemic Load:2.34, Inflammation Score:-2, Nutrition Score:1.8356521805019%

## Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 332kcal (16.6%), Fat: 12.56g (19.33%), Saturated Fat: 5.51g (34.45%), Carbohydrates: 51g (17%), Net Carbohydrates: 50.51g (18.37%), Sugar: 40.58g (45.09%), Cholesterol: 39.27mg (13.09%), Sodium: 218.43mg (9.5%), Alcohol: 1.47g (100%), Alcohol %: 2.06% (100%), Caffeine: 3.09mg (1.03%), Protein: 2.61g (5.22%), Iron: 1.2mg (6.65%), Vitamin A: 244.3IU (4.89%), Selenium: 2.11µg (3.02%), Vitamin K: 3.13µg (2.98%), Copper: 0.06mg (2.93%), Manganese: 0.06mg (2.77%), Phosphorus: 24.43mg (2.44%), Vitamin E: 0.36mg (2.4%), Vitamin B2: 0.04mg (2.31%), Fiber: 0.5g (1.99%), Magnesium: 7.88mg (1.97%), Zinc: 0.18mg (1.2%), Vitamin B12: 0.07µg (1.1%), Vitamin B5: 0.1mg (1.03%)