



WHATSheATE



## Russian Imperial Stout (For Advanced Brewers)

READY IN



45 min.

SERVINGS



40

CALORIES



1006 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

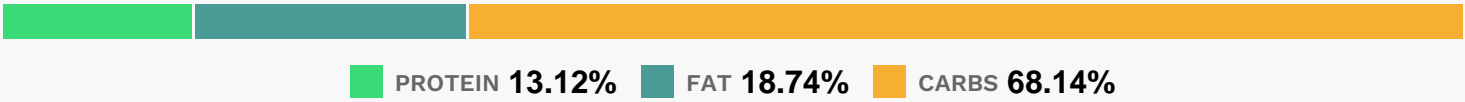
- ☐ 1 pound barley
- ☐ 1 ounce brewer's yeast
- ☐ 1 pound milo chocolate malt powder
- ☐ 0.5 pounds liquid malt extract
- ☐ 0.5 pounds liquid malt extract black
- ☐ 17 pounds liquid malt extract
- ☐ 1 pound oats flaked

# Equipment

## Directions

- ☐ Mash-in the 21 pounds of grain to 154°F using 5.75 gallons of water at about 167°F (1.1 quarts of water per pound). Stir for 2 minutes to prevent balls of grain from clumping together, creating a consistent mash.
- ☐ Cover the mash, only uncovering to briefly stir every 20 minutes.
- ☐ Heat 4.25 gallons of sparge water to about 185°F.
- ☐ After mashing for 60 minutes, mash-out and sparge. You should have 7 to 7.5 gallons in the kettle.
- ☐ Add 2 ounces of Magnum hops and bring to boil.
- ☐ After boiling for 60 minutes, add 1 ounce Northern Brewer hops.
- ☐ After a total of 80 minutes, add 1 ounce Northern Brewer hops.
- ☐ After 90 minutes remove from heat and chill using a wort chiller to 60°F.
- ☐ Transfer to a carboy and take a gravity reading.
- ☐ Ferment at 60° to 65°F for 3 weeks.
- ☐ Transfer to a secondary carboy and age in a cool dark place for another 3 to 6 weeks.
- ☐ Bottle or keg for a medium low level of carbonation.

## Nutrition Facts



## Properties

Glycemic Index:1.9, Glycemic Load:4.91, Inflammation Score:-8, Nutrition Score:36.276956247247%

## Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg

## Nutrients (% of daily need)

Calories: 1006.09kcal (50.3%), Fat: 20.97g (32.26%), Saturated Fat: 10.17g (63.57%), Carbohydrates: 171.52g (57.17%), Net Carbohydrates: 167.53g (60.92%), Sugar: 104.96g (116.63%), Cholesterol: 49.1mg (16.37%), Sodium:

851.92mg (37.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.2mg (1.4%), Protein: 33.03g (66.07%), Vitamin B2: 1.98mg (116.4%), Phosphorus: 827.01mg (82.7%), Vitamin B1: 1.2mg (80.28%), Calcium: 625.33mg (62.53%), Selenium: 41.81µg (59.73%), Vitamin B3: 11.82mg (59.09%), Magnesium: 229.26mg (57.31%), Manganese: 1.12mg (55.79%), Potassium: 1728.49mg (49.39%), Vitamin B6: 0.93mg (46.52%), Vitamin B12: 1.69µg (28.13%), Folate: 108.58µg (27.14%), Copper: 0.54mg (26.82%), Zinc: 2.91mg (19.39%), Fiber: 4g (15.99%), Iron: 2.71mg (15.03%), Vitamin B5: 1.47mg (14.69%), Vitamin K: 11.78µg (11.22%), Vitamin A: 472.98IU (9.46%), Vitamin C: 6.09mg (7.38%), Vitamin E: 0.87mg (5.78%)