



Stout Brownies

 Dairy Free

READY IN



140 min.

SERVINGS



16

CALORIES



244 kcal

DESSERT

Ingredients

- 16 oz brownie mix
- 0.3 cup vegetable oil
- 1 eggs
- 3 tablespoons porter
- 1.3 cups vanilla frosting (from 12-oz container)

Equipment

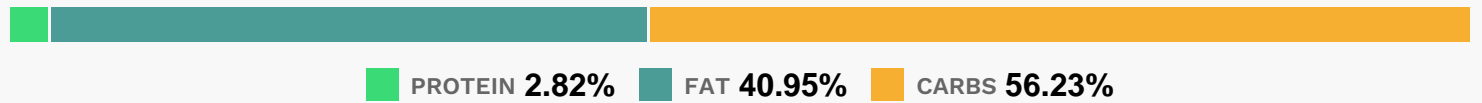
- bowl
- frying pan

- oven
- wire rack
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom of 8- or 9-inch square pan with shortening or cooking spray. In medium bowl, stir all ingredients except frosting until well blended.
- Spread in pan.
- Bake 8-inch pan 35 to 38 minutes, 9-inch pan 28 to 31 minutes, or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely on cooling rack, about 1 1/2 hours.
- Spread frosting evenly over brownies.
- Cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:2.69, Glycemic Load:5.16, Inflammation Score:1, Nutrition Score:1.279565203449%

Nutrients (% of daily need)

Calories: 243.9kcal (12.19%), Fat: 11.09g (17.07%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 34.28g (11.43%), Net Carbohydrates: 34.28g (12.47%), Sugar: 25.21g (28.01%), Cholesterol: 10.23mg (3.41%), Sodium: 119.17mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.43%), Vitamin K: 10.66µg (10.15%), Iron: 0.87mg (4.86%), Vitamin E: 0.67mg (4.47%), Vitamin B2: 0.07mg (3.88%), Selenium: 0.86µg (1.23%)