

Stout Brownies

 Dairy Free

READY IN



180 min.

SERVINGS



16

CALORIES



265 kcal

DESSERT

Ingredients

- 1 box brownie mix (1 lb 2.4 oz)
- 1 eggs
- 12 oz fluffy frosting white
- 0.3 cup porter
- 0.3 cup vegetable oil

Equipment

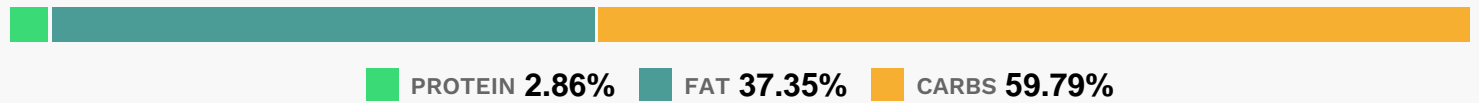
- bowl
- frying pan

- oven
- wire rack
- toothpicks

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Grease bottom only of 8- or 9-inch square pan with shortening or cooking spray. In medium bowl, stir brownie mix, pouch of chocolate syrup, beer, oil and egg until well blended.
- Spread batter in pan.
- Bake 8-inch pan 38 to 40 minutes, 9-inch pan 34 to 37 minutes, or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely in pan on cooling rack, about 1 hour 30 minutes.
- Spread frosting evenly over brownies. Refrigerate about 30 minutes or until firm.
- Cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:2.69, Glycemic Load:6.21, Inflammation Score:1, Nutrition Score:1.2682608495588%

Nutrients (% of daily need)

Calories: 264.75kcal (13.24%), Fat: 10.97g (16.88%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 39.52g (14.37%), Sugar: 29.24g (32.49%), Cholesterol: 10.23mg (3.41%), Sodium: 136.1mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin K: 9.04µg (8.61%), Iron: 0.98mg (5.44%), Vitamin B2: 0.08mg (4.52%), Vitamin E: 0.63mg (4.22%), Selenium: 0.87µg (1.24%)