



HEALTH SCORE

61%

Amazing Monkey Bread



Vegetarian



Very Healthy

READY IN



535 min.

SERVINGS



1

CALORIES



5447 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar to taste
- ☐ 0.5 cup butter
- ☐ 3.5 ounce cook and serve butterscotch pudding mix
- ☐ 0.5 cup plus light
- ☐ 24 dinner rolls frozen
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 cup sugar white

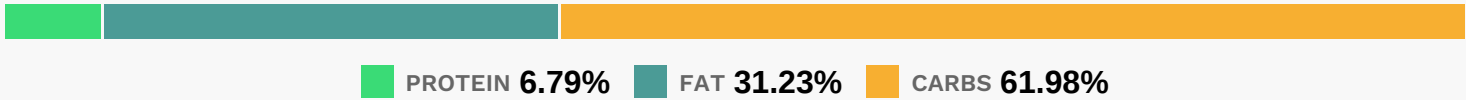
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Arrange dinner roll dough in a grease tube pan.
- ☐ Heat butter and brown sugar in a small saucepan over medium-low heat until sugar is dissolved about 5 minutes; pour over rolls.
- ☐ Sprinkle with pecans and pudding mix.
- ☐ Mix white sugar and cinnamon in a bowl; sprinkle over pudding mix.
- ☐ Pour corn syrup evenly over cinnamon mixture. Cover tube pan with a sheet of greased aluminum foil and allow dough to rise overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Move rack to the lower half of the oven.
- ☐ Bake in preheated oven until golden brown, 35 to 40 minutes. Allow bread to rest for 10 to 15 minutes. Invert pan onto a baking sheet or large plate to serve.

Nutrition Facts



Properties

Glycemic Index:154.09, Glycemic Load:60.06, Inflammation Score:-10, Nutrition Score:68.057391405106%

Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg

Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg

Nutrients (% of daily need)

Calories: 5447.21kcal (272.36%), Fat: 193.63g (297.89%), Saturated Fat: 76.97g (481.09%), Carbohydrates: 864.71g (288.24%), Net Carbohydrates: 819.08g (297.85%), Sugar: 385.17g (427.96%), Cholesterol: 244.02mg (81.34%), Sodium: 6904.76mg (300.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 94.77g (189.53%), Manganese: 13.21mg (660.73%), Selenium: 347.34µg (496.21%), Vitamin B1: 4.9mg (326.8%), Iron: 38.96mg (216.46%), Vitamin B3: 42.78mg (213.89%), Calcium: 2017.18mg (201.72%), Fiber: 45.63g (182.5%), Vitamin B2: 2.94mg (173.15%), Folate: 634.72µg (158.68%), Phosphorus: 1245.3mg (124.53%), Magnesium: 446.49mg (111.62%), Copper: 2.22mg (111.24%), Zinc: 12.48mg (83.18%), Vitamin A: 2869.98IU (57.4%), Vitamin E: 7.09mg (47.25%), Vitamin B6: 0.94mg (47%), Potassium: 1594.46mg (45.56%), Vitamin B5: 4.46mg (44.61%), Vitamin K: 38.17µg (36.35%), Vitamin B12: 0.19µg (3.22%)