



Apple-Cinnamon Monkey Bread

READY IN



70 min.

SERVINGS



16

CALORIES



277 kcal

DESSERT

Ingredients

- 32.6 oz biscuits refrigerated reduced-fat canned
- 0.8 cup mrs richardson's butterscotch caramel sauce fat-free
- 2 teaspoons ground cinnamon
- 0.5 cup pecans chopped
- 0.3 cup sugar
- 1 medium baking apples are apples that have a sweet-tart balance and hold their shape when peeled thinly sliced
- 2 teaspoons vanilla

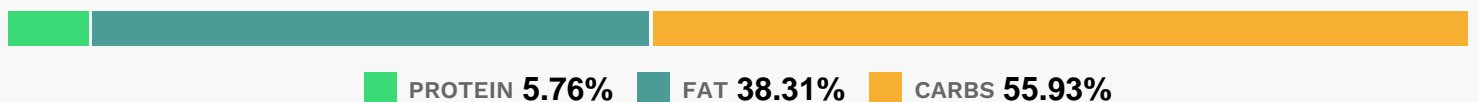
Equipment

- bowl
- frying pan
- oven
- cake form
- aluminum foil
- ziploc bags

Directions

- Heat oven to 350F. Spray 12-cup fluted tube cake pan with cooking spray.
- In 1-gallon resealable food-storage plastic bag, mix sugar and cinnamon. Separate dough into 16 biscuits.
- Cut each biscuit into quarters.
- Add biscuit pieces to sugar mixture. Seal bag; shake to coat.
- Sprinkle half of apple slices in pan.
- Layer half of the biscuit pieces and half of the pecans on top of apples.
- Sprinkle with remaining apple slices.
- Layer remaining biscuit pieces and remaining pecans on top.
- In small bowl, mix caramel topping and vanilla.
- Pour over biscuit pieces.
- Bake 45 to 50 minutes or until golden brown and no longer doughy in center. Cover loosely with foil during last 10 minutes to prevent overbrowning. Cool in pan 10 minutes. Turn upside down onto serving plate.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:20.34, Inflammation Score:-2, Nutrition Score:7.193913096967%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 277.26kcal (13.86%), Fat: 12.02g (18.49%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 37.99g (13.81%), Sugar: 12.55g (13.95%), Cholesterol: 0.58mg (0.19%), Sodium: 580.46mg (25.24%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Protein: 4.06g (8.12%), Phosphorus: 263.39mg (26.34%), Manganese: 0.43mg (21.7%), Vitamin B1: 0.27mg (18.08%), Selenium: 11.15µg (15.93%), Iron: 2.03mg (11.27%), Folate: 41.75µg (10.44%), Vitamin B2: 0.18mg (10.42%), Vitamin B3: 1.99mg (9.96%), Fiber: 1.48g (5.93%), Vitamin E: 0.84mg (5.61%), Potassium: 164.4mg (4.7%), Copper: 0.09mg (4.67%), Calcium: 39.15mg (3.92%), Magnesium: 15.25mg (3.81%), Zinc: 0.44mg (2.94%), Vitamin K: 2.82µg (2.68%), Vitamin B5: 0.23mg (2.27%), Vitamin B6: 0.04mg (1.97%), Vitamin B12: 0.1µg (1.67%)