



Bacon Cheddar Monkey Bread

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



604 kcal

Ingredients

- 0.5 teaspoon salt
- 6 tablespoons butter softened
- 0.5 cup milk
- 1 eggs slightly beaten
- 0.8 cup bacon crumbled cooked
- 8 oz cheddar cheese shredded
- 1 cup mayonnaise
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

- 2 tablespoons seasoning italian
- 3.5 cups frangelico

Equipment

- bowl
- oven
- loaf pan

Directions

- In small bowl, mix Herb Dipping Sauce ingredients. Cover and refrigerate.
- Heat oven to 350°F. Spray loaf pan, 9x5x3 inches, with cooking spray.
- In large bowl, stir Bisquick mix, salt, 3 tablespoons of the softened butter, the milk, egg, crumbled bacon and cheese.
- Mixture will be crumbly. Using hands, work the mixture until thick dough forms.
- Roll dough into 1-inch balls; place balls in loaf pan.
- Drizzle with remaining 3 tablespoons melted butter.
- Bake 30 to 35 minutes or until golden brown.
- Serve with sauce.

Nutrition Facts

PROTEIN 10.5% FAT 86.76% CARBS 2.74%

Properties

Glycemic Index:29.17, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:13.312173963889%

Nutrients (% of daily need)

Calories: 604.47kcal (30.22%), Fat: 58.52g (90.02%), Saturated Fat: 21.15g (132.2%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 3.36g (1.22%), Sugar: 1.45g (1.62%), Cholesterol: 127.28mg (42.43%), Sodium: 1024.48mg (44.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.93g (31.86%), Vitamin K: 73.2µg (69.72%), Calcium: 332.67mg (33.27%), Selenium: 21.74µg (31.05%), Phosphorus: 279.79mg (27.98%), Vitamin A: 858.99IU (17.18%), Vitamin B2: 0.28mg (16.63%), Vitamin E: 2.29mg (15.25%), Zinc: 2.14mg (14.27%), Vitamin B12: 0.8µg (13.31%), Vitamin B3: 1.62mg (8.09%), Vitamin B6: 0.16mg (7.9%), Vitamin B1: 0.12mg (7.7%), Vitamin B5: 0.6mg (6.03%),

Magnesium: 23.82mg (5.96%), Iron: 1.06mg (5.89%), Manganese: 0.11mg (5.26%), Potassium: 181.32mg (5.18%),
Vitamin D: 0.73µg (4.86%), Folate: 18.07µg (4.52%), Fiber: 0.8g (3.22%), Copper: 0.06mg (2.76%)