



Best Bisquick™ Monkey Bread

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



273 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter (do not use margarine)
- ☐ 1 cup brown sugar packed
- ☐ 2 tablespoons whipping cream
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 0.5 cup milk
- ☐ 2 tablespoons granulated sugar
- ☐ 3 tablespoons butter softened (do not use margarine)
- ☐ 1 teaspoon vanilla

- ☐ 1 eggs
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon cinnamon
- ☐ 3.5 cups frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Spray 12-cup fluted tube cake pan with cooking spray.
- ☐ In 2-quart saucepan, melt 3/4 cup butter.
- ☐ Add brown sugar and cream; heat to boiling over medium heat, stirring constantly. Boil 2 minutes; remove from heat.
- ☐ Pour into pan; sprinkle with pecans.
- ☐ In large bowl, stir Bisquick mix, milk, granulated sugar, 3 tablespoons butter, the vanilla and egg until soft dough forms. Shape dough into 1-inch balls.
- ☐ In small bowl, mix granulated sugar and cinnamon.
- ☐ Roll each ball in sugar mixture; place randomly in pan.
- ☐ Sprinkle with any remaining sugar mixture.
- ☐ Bake 22 to 28 minutes or until golden brown. Cool in pan 10 minutes.
- ☐ Place heatproof serving plate upside down over pan; turn plate and pan over.
- ☐ Remove pan.
- ☐ Serve warm.

Nutrition Facts



 **PROTEIN 2.09%**  **FAT 61.36%**  **CARBS 36.55%**

Properties

Glycemic Index:16.1, Glycemic Load:4.51, Inflammation Score:-5, Nutrition Score:2.9691304253495%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 272.97kcal (13.65%), Fat: 19.11g (29.39%), Saturated Fat: 4.11g (25.71%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 25.12g (9.13%), Sugar: 24.74g (27.49%), Cholesterol: 17.68mg (5.89%), Sodium: 181.77mg (7.9%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Protein: 1.47g (2.94%), Vitamin A: 708.49IU (14.17%), Manganese: 0.23mg (11.66%), Vitamin E: 0.68mg (4.54%), Calcium: 40.84mg (4.08%), Phosphorus: 36.43mg (3.64%), Copper: 0.07mg (3.35%), Vitamin B2: 0.05mg (2.91%), Vitamin B1: 0.04mg (2.63%), Selenium: 1.83µg (2.61%), Magnesium: 9.6mg (2.4%), Potassium: 74.09mg (2.12%), Zinc: 0.31mg (2.06%), Fiber: 0.48g (1.92%), Vitamin B12: 0.11µg (1.82%), Vitamin B5: 0.18mg (1.79%), Iron: 0.32mg (1.79%), Vitamin B6: 0.03mg (1.61%), Vitamin D: 0.23µg (1.5%)