



Best Bisquick® Monkey Bread

 Popular

READY IN



40 min.

SERVINGS



12

CALORIES



321 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 3 tablespoons butter softened (do not use margarine)
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 eggs
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 cup milk
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 0.3 cup sugar

- ☐ 1 teaspoon vanilla
- ☐ 2 tablespoons whipping cream
- ☐ 3.5 cups baking mix original bisquick®

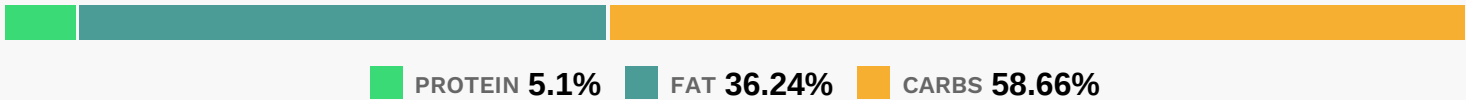
Equipment

- ☐ 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



Properties

Glycemic Index:16.1, Glycemic Load:4.51, Inflammation Score:-3, Nutrition Score:6.8082609422829%

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: 320.77kcal (16.04%), Fat: 13.07g (20.12%), Saturated Fat: 3.13g (19.58%), Carbohydrates: 47.63g (15.88%), Net Carbohydrates: 46.41g (16.88%), Sugar: 28.82g (32.02%), Cholesterol: 18.39mg (6.13%), Sodium: 494.58mg (21.5%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 4.14g (8.28%), Phosphorus: 237.92mg (23.79%), Manganese: 0.35mg (17.61%), Vitamin B1: 0.24mg (15.95%), Folate: 46.8µg (11.7%), Vitamin B2: 0.2mg (11.6%), Calcium: 99.24mg (9.92%), Vitamin B3: 1.68mg (8.41%), Iron: 1.29mg (7.18%), Selenium: 4.45µg (6.36%), Copper: 0.12mg (6.05%), Fiber: 1.22g (4.86%), Vitamin B5: 0.48mg (4.77%), Magnesium: 17.93mg (4.48%), Vitamin A: 202.4IU (4.05%), Vitamin B12: 0.23µg (3.86%), Potassium: 125.18mg (3.58%), Zinc: 0.52mg (3.46%), Vitamin B6: 0.06mg (2.87%), Vitamin K: 2.58µg (2.46%), Vitamin E: 0.29mg (1.91%), Vitamin D: 0.23µg (1.5%)