



## Breakfast Monkey Bread

READY IN



100 min.

SERVINGS



8

CALORIES



517 kcal

### Ingredients

- 20 ounce biscuit dough refrigerated canned
- 1 pound bulk pork sausage
- 4 eggs
- 1 small bell pepper green chopped
- 1 cup pepper jack cheese shredded

### Equipment

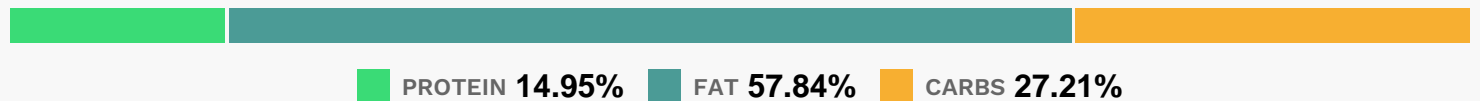
- bowl
- frying pan
- oven

knife

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease the entire inside of a fluted tube pan.
- Cook and stir sausage and green bell pepper in a skillet over medium heat until sausage is browned and crumbly, about 10 minutes; drain excess grease. Cook and stir eggs into sausage mixture until cooked through and scrambled, about 5 minutes.
- Cut each biscuit in half. Flatten a piece of biscuit dough; fill with 1 to 2 tablespoons sausage-egg mixture.
- Roll the biscuit dough around the filling, creating a ball.
- Place pepperjack cheese into a shallow bowl.
- Roll the biscuit ball in the pepperjack cheese.
- Place in the prepared fluted tube pan. Repeat with remaining biscuits, sausage filling, and cheese.
- Sprinkle any remaining cheese around the filled biscuits.
- Bake in the preheated oven until the biscuits are browned and the cheese is melted, 45 to 60 minutes.
- Remove and let cool for 20 minutes. Run a knife between the pan and the cooked biscuits to release; invert onto a serving plate. To serve, pull the monkey bread apart with fingers.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:21.8, Inflammation Score:-4, Nutrition Score:15.117391254591%

## Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 517.05kcal (25.85%), Fat: 33.12g (50.96%), Saturated Fat: 10.14g (63.4%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 33.98g (12.36%), Sugar: 2.84g (3.16%), Cholesterol: 135.94mg (45.31%), Sodium: 1144.5mg

(49.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.52%), Phosphorus: 489.43mg (48.94%), Vitamin B1: 0.47mg (31.65%), Selenium: 22.13µg (31.61%), Vitamin B3: 5.12mg (25.58%), Vitamin B2: 0.43mg (25.55%), Iron: 3.49mg (19.37%), Folate: 63.99µg (16%), Calcium: 158.45mg (15.84%), Zinc: 2.29mg (15.27%), Manganese: 0.3mg (14.98%), Vitamin B12: 0.89µg (14.9%), Vitamin B6: 0.28mg (13.8%), Potassium: 357.36mg (10.21%), Vitamin B5: 0.97mg (9.69%), Vitamin C: 7.83mg (9.5%), Vitamin E: 1.35mg (8.97%), Vitamin D: 1.26µg (8.41%), Magnesium: 27.37mg (6.84%), Copper: 0.12mg (6.14%), Vitamin A: 305.59IU (6.11%), Fiber: 1.08g (4.31%), Vitamin K: 4.24µg (4.03%)