



Butterscotch Monkey Bread

 Very Healthy

READY IN



510 min.

SERVINGS



1

CALORIES



4307 kcal

DESSERT

Ingredients

- 3.5 ounce cook and serve butterscotch pudding mix
- 22 dinner rolls frozen
- 1 teaspoon ground cinnamon to taste
- 0.5 cup brown sugar light
- 0.5 cup butter cut into pieces
- 0.8 cup milk

Equipment

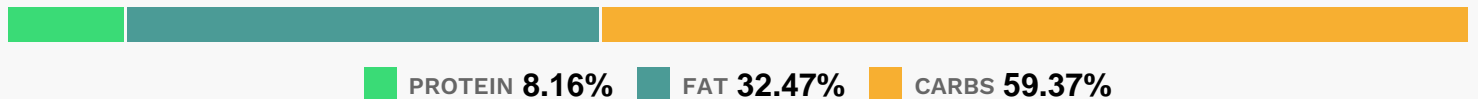
- bowl

- frying pan
- baking sheet
- oven

Directions

- Arrange dinner rolls in a tube pan. Scatter margarine pieces evenly over rolls.
- Mix pudding mix, brown sugar, and cinnamon in a bowl; pour over rolls.
- Place a towel over tube pan and all dough to rise overnight.
- Preheat oven to 350 degrees F (175 degrees C).
- Pour milk over risen dough, allowing milk to seep through any gaps.
- Bake in preheated oven until golden brown, 20 to 23 minutes. Allow bread to rest for 5 minutes. Invert pan onto a baking sheet or large plate to serve.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:3.28, Inflammation Score:-10, Nutrition Score:67.696522137393%

Nutrients (% of daily need)

Calories: 4307.44kcal (215.37%), Fat: 157.24g (241.91%), Saturated Fat: 36.64g (229.03%), Carbohydrates: 647.02g (215.67%), Net Carbohydrates: 609.42g (221.61%), Sugar: 209.69g (232.99%), Cholesterol: 21.96mg (7.32%), Sodium: 6757.95mg (293.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 88.89g (177.78%), Manganese: 10.11mg (505.63%), Selenium: 317.93µg (454.19%), Vitamin B1: 4.21mg (280.7%), Calcium: 2040.4mg (204.04%), Vitamin B3: 38.87mg (194.35%), Iron: 34.61mg (192.28%), Vitamin B2: 2.89mg (170.05%), Fiber: 37.61g (150.42%), Folate: 569.96µg (142.49%), Phosphorus: 1202.44mg (120.24%), Magnesium: 377.02mg (94.26%), Vitamin A: 4362.25IU (87.25%), Copper: 1.5mg (75.01%), Zinc: 9.35mg (62.36%), Vitamin E: 7.06mg (47.08%), Potassium: 1584.83mg (45.28%), Vitamin B6: 0.89mg (44.45%), Vitamin B5: 4.37mg (43.74%), Vitamin K: 26.72µg (25.44%), Vitamin B12: 1.1µg (18.36%), Vitamin D: 2.01µg (13.42%)