



Buttery Pull Apart Monkey Bread

READY IN



45 min.

SERVINGS



16

CALORIES



397 kcal

DESSERT

Ingredients

- 1 cup milk
- 1 cup potatoes instant mashed (2 servings of potatoes)
- 0.7 cup shortening
- 0.7 cup sugar
- 2 teaspoons salt
- 1 package yeast
- 0.5 cup water lukewarm
- 2 eggs
- 5.5 cups flour

2 sticks butter melted

Equipment

- bowl
- frying pan
- oven
- mixing bowl

Directions

- Combine scalded milk, mashed potatoes, shortening, sugar and salt in a large mixing bowl and let stand until lukewarm.
- Add one package of yeast (softened in 1/2 cup lukewarm water).
- Add two well-beaten eggs and 1 1/2 cups flour. Beat well.
- Add about four more cups of sifted flour to make stiff dough.
- Put in a large greased bowl and turn so that all of the dough is greased.
- Let rise at least two hours.
- About 1 1/2 hours before serving, punch down and roll out dough.
- Cut into walnut-sized squares and dip each into melted butter, then pile in fluted tube pan.
- Pour remaining butter over top.
- Let rise (about one hour) then bake 20–25 minutes at 375 degrees F (If crispier bread desired, cook at 400 degrees F)
- Serve hot.

Nutrition Facts



PROTEIN 6.26% **FAT 48.53%** **CARBS 45.21%**

Properties

Glycemic Index:14.57, Glycemic Load:29.81, Inflammation Score:-5, Nutrition Score:8.9486956521739%

Taste

Sweetness: 48.01%, Saltiness: 29.67%, Sourness: 6.92%, Bitterness: 7.27%, Savoriness: 13.33%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 396.99kcal (19.85%), Fat: 21.5g (33.08%), Saturated Fat: 9.93g (62.05%), Carbohydrates: 45.07g (15.02%), Net Carbohydrates: 43.55g (15.84%), Sugar: 9.32g (10.36%), Cholesterol: 52.66mg (17.55%), Sodium: 400.89mg (17.43%), Protein: 6.24g (12.48%), Vitamin B1: 0.44mg (29.04%), Selenium: 17.27µg (24.68%), Folate: 93.6µg (23.4%), Vitamin B2: 0.29mg (16.85%), Manganese: 0.3mg (15.18%), Vitamin B3: 2.97mg (14.87%), Iron: 2.16mg (12%), Phosphorus: 84.73mg (8.47%), Vitamin A: 407.8IU (8.16%), Vitamin E: 0.94mg (6.29%), Fiber: 1.53g (6.1%), Vitamin K: 6.05µg (5.76%), Vitamin B5: 0.54mg (5.4%), Copper: 0.08mg (3.8%), Magnesium: 15.02mg (3.75%), Vitamin C: 3.04mg (3.68%), Vitamin B6: 0.07mg (3.63%), Potassium: 125.41mg (3.58%), Zinc: 0.51mg (3.4%), Calcium: 33.39mg (3.34%), Vitamin B12: 0.16µg (2.59%), Vitamin D: 0.28µg (1.85%)