



WHATSheATE



Caramel-Glazed Monkey Bread

READY IN



305 min.

SERVINGS



12

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 12 servings breakfast bread dough
- ☐ 0.8 cup firmly brown sugar light packed
- ☐ 0.8 cup butter melted
- ☐ 12 servings caramel glaze
- ☐ 0.8 cup granulated sugar
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 cup pecans toasted chopped

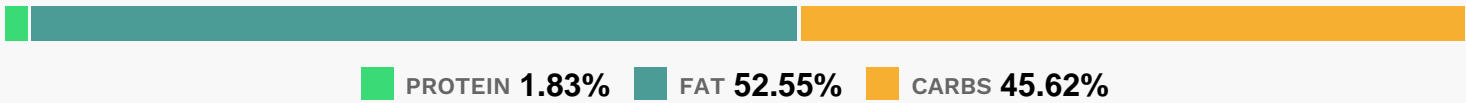
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ wax paper

Directions

- ☐ Generously grease a 10-inch (12-cup) tube pan; line bottom with wax paper, and lightly grease wax paper.
- ☐ Stir together granulated sugar and next 2 ingredients in a small bowl. Turn Breakfast Bread Dough out onto a lightly floured surface, and knead 3 or 4 times. Shape dough into about 60 (1 1/2-inch) balls. Dip each in melted butter; roll in sugar mixture.
- ☐ Place a single layer of coated balls in prepared pan, covering bottom completely.
- ☐ Sprinkle with 1/3 cup pecans. Repeat layers twice. Top with any remaining sugar mixture; drizzle with any remaining melted butter.
- ☐ Cover dough; let stand 1 hour.
- ☐ Preheat oven to 35
- ☐ Uncover and bake 40 to 45 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Transfer to a wire rack, and cool 20 minutes.
- ☐ Remove from pan to wire rack, discarding wax paper. Invert onto a serving platter.
- ☐ Drizzle with glaze.
- ☐ Serve warm.
- ☐ To make ahead: Prepare recipe through Step Cover and chill up to 24 hours.
- ☐ Let stand 1 hour and 30 minutes. Proceed as directed in Step

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:13.78, Inflammation Score:-2, Nutrition Score:3.481304306051%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 301.5kcal (15.08%), Fat: 18.33g (28.21%), Saturated Fat: 8.05g (50.33%), Carbohydrates: 35.8g (11.93%), Net Carbohydrates: 34.64g (12.59%), Sugar: 32.71g (36.35%), Cholesterol: 31.2mg (10.4%), Sodium: 124.47mg (5.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Manganese: 0.5mg (24.9%), Vitamin A: 365.33IU (7.31%), Copper: 0.11mg (5.52%), Fiber: 1.17g (4.66%), Vitamin B1: 0.07mg (4.37%), Calcium: 41.2mg (4.12%), Phosphorus: 38.63mg (3.86%), Magnesium: 13.6mg (3.4%), Vitamin E: 0.51mg (3.37%), Zinc: 0.45mg (2.99%), Vitamin B2: 0.04mg (2.58%), Potassium: 80.04mg (2.29%), Iron: 0.38mg (2.14%), Vitamin B5: 0.17mg (1.69%), Vitamin K: 1.67µg (1.59%), Vitamin B6: 0.03mg (1.5%), Selenium: 0.9µg (1.28%)