



Caramel-Nut Pull-Apart Bread

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



508 kcal

Ingredients

- 1 cup firmly brown sugar packed
- 0.8 cup butter melted
- 30 ounce cinnamon-sugar biscuits (refrigerated with pillsbury hungry jack) canned
- 1 cup walnuts chopped

Equipment

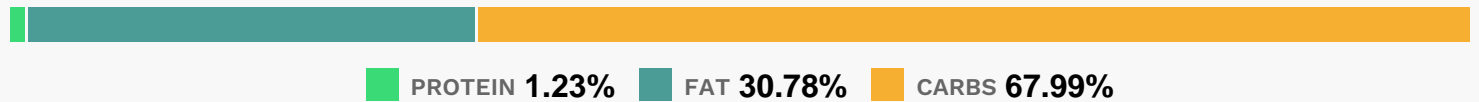
- bowl
- frying pan
- oven
- kitchen scissors

kugelhopf pan

Directions

- Combine brown sugar and walnuts in a small bowl. Stir in butter. Spoon half of sugar mixture in bottom of a greased Bundt pan.
- Cut each biscuit in half (use kitchen scissors for quick cutting).
- Place half of biscuit halves alternately over sugar mixture. Spoon remaining sugar mixture over biscuits in pan; top with remaining biscuits.
- Bake at 350 for 30 to 35 minutes or until browned. Turn out onto a serving platter immediately, spooning any sauce left in pan over bread.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:49.62, Inflammation Score:-2, Nutrition Score:3.0821739668431%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 508.02kcal (25.4%), Fat: 18.09g (27.83%), Saturated Fat: 7.89g (49.31%), Carbohydrates: 89.92g (29.97%), Net Carbohydrates: 89.27g (32.46%), Sugar: 88.78g (98.64%), Cholesterol: 30.5mg (10.17%), Sodium: 97.26mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.25%), Manganese: 0.35mg (17.37%), Copper: 0.17mg (8.43%), Vitamin A: 356.5IU (7.13%), Magnesium: 17.34mg (4.33%), Phosphorus: 37.87mg (3.79%), Vitamin B6: 0.06mg (3.01%), Calcium: 28.89mg (2.89%), Vitamin E: 0.4mg (2.65%), Fiber: 0.65g (2.61%), Folate: 10.16µg (2.54%), Iron: 0.45mg (2.51%), Vitamin B1: 0.03mg (2.26%), Zinc: 0.33mg (2.18%), Potassium: 72.2mg (2.06%), Vitamin B2: 0.03mg (1.94%), Selenium: 1.26µg (1.81%), Vitamin K: 1.26µg (1.2%)