



Caramel-Pecan Monkey Bread

READY IN



45 min.

SERVINGS



16

CALORIES



309 kcal

DESSERT

Ingredients

- ☐ 22.5 oz biscuits refrigerated
- ☐ 12 oz mrs richardson's butterscotch caramel sauce
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup sugar
- ☐ 0.3 lb butter unsalted melted

Equipment

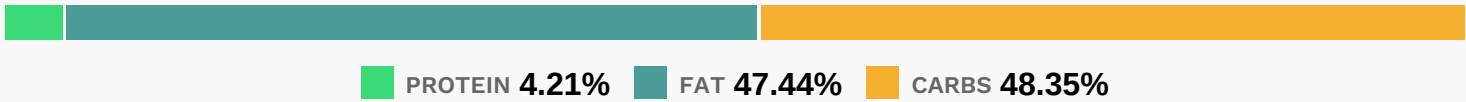
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 350F. Grease a 10-inch tube pan with shortening.
- ☐ Spread 1/3 cup caramel in pan.
- ☐ Sprinkle with 1/3 cup pecans. In a shallow dish, mix sugar and nutmeg.
- ☐ Pour butter into another shallow dish.
- ☐ Unroll one package biscuit dough.
- ☐ Cut each biscuit into 4 pieces.
- ☐ Roll each piece in melted butter and then in sugar mixture. Drop each into pan, covering bottom.
- ☐ Drizzle with 1/3 cup caramel and sprinkle with 1/3 cup pecans. Repeat, layering remaining dough, caramel and nuts, ending with 1/3 cup caramel.
- ☐ Bake until top is golden brown and a bit crisp, 30 to 35 minutes.
- ☐ Remove from oven and immediately turn out onto a large serving plate.

Nutrition Facts



Properties

Glycemic Index:13.44, Glycemic Load:16.63, Inflammation Score:-3, Nutrition Score:6.1134782673224%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 309.4kcal (15.47%), Fat: 16.82g (25.88%), Saturated Fat: 5.03g (31.45%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 37.45g (13.62%), Sugar: 20.01g (22.24%), Cholesterol: 15.64mg (5.21%), Sodium: 448.9mg (19.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Manganese: 0.45mg (22.38%),

Phosphorus: 198.69mg (19.87%), Vitamin B1: 0.21mg (14.11%), Selenium: 8.12µg (11.59%), Iron: 1.48mg (8.21%), Vitamin B2: 0.13mg (7.53%), Folate: 29.95µg (7.49%), Vitamin B3: 1.41mg (7.06%), Copper: 0.11mg (5.48%), Vitamin E: 0.79mg (5.25%), Fiber: 1.13g (4.5%), Vitamin A: 200.58IU (4.01%), Magnesium: 15.58mg (3.9%), Potassium: 130.75mg (3.74%), Calcium: 36.16mg (3.62%), Zinc: 0.48mg (3.2%), Vitamin K: 2.35µg (2.24%), Vitamin B5: 0.21mg (2.14%), Vitamin B12: 0.11µg (1.77%), Vitamin B6: 0.03mg (1.6%)