



Cheddar-Bacon Monkey Bread

READY IN



35 min.

SERVINGS



8

CALORIES



286 kcal

Ingredients

- 4 slice oscar mayer bacon crumbled cooked
- 16.3 oz biscuits refrigerated canned
- 2 green onions thinly sliced
- 0.5 cup sharp cheddar cheese shredded kraft

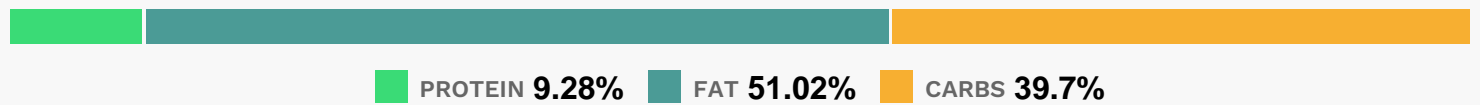
Equipment

- frying pan
- oven
- wire rack
- loaf pan

Directions

- Heat oven to 35
- Separate biscuits; cut into quarters.
- Place half the biscuit pieces in 8x4-inch loaf pan sprayed with cooking spray; top with half each of the cheese, bacon and onions. Repeat layers.
- Bake 20 to 25 min. or until golden brown. Cool in pan 10 min.
- Remove from pan to wire rack; cool slightly.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:17.81, Inflammation Score:-3, Nutrition Score:7.9143477522809%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 286.48kcal (14.32%), Fat: 16.3g (25.08%), Saturated Fat: 4.26g (26.61%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 27.72g (10.08%), Sugar: 2.1g (2.34%), Cholesterol: 14.9mg (4.97%), Sodium: 663.61mg (28.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Phosphorus: 297.67mg (29.77%), Selenium: 15.09µg (21.55%), Vitamin B1: 0.28mg (18.71%), Vitamin B2: 0.21mg (12.42%), Vitamin B3: 2.4mg (11.99%), Manganese: 0.23mg (11.66%), Iron: 2.01mg (11.15%), Folate: 43.84µg (10.96%), Vitamin K: 8.75µg (8.33%), Calcium: 80.95mg (8.09%), Vitamin E: 0.88mg (5.86%), Potassium: 164.89mg (4.71%), Zinc: 0.68mg (4.52%), Vitamin B12: 0.21µg (3.51%), Magnesium: 13.65mg (3.41%), Fiber: 0.83g (3.32%), Vitamin B6: 0.06mg (3.16%), Copper: 0.06mg (2.87%), Vitamin B5: 0.27mg (2.66%), Vitamin A: 105.9IU (2.12%)