



## Cheesy Monkey Bread

READY IN



45 min.

SERVINGS



45

CALORIES



69 kcal

### Ingredients

- 2 slices oscar mayer bacon crumbled cooked
- 2 oscar mayer beef franks quartered cut into 1/4-inch-thick slices,
- 16.3 oz flaky buttermilk biscuits refrigerated canned
- 8 oz three cheese shredded with a touch of philadelphia kraft
- 2 green onions chopped

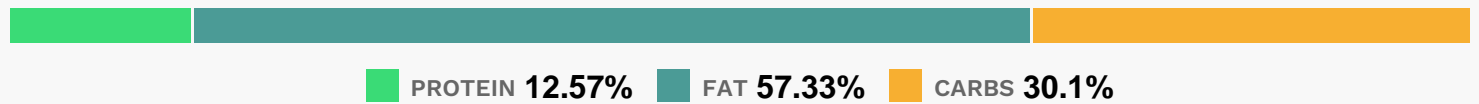
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 350F.
- Combine franks and bacon. Separate biscuits; cut each into quarters.
- Arrange half the dough pieces in single layer in 10-inch round on parchment-covered baking sheet; top with layers of half each of the cheese and meat mixture. Cover with remaining dough pieces and meat mixture.
- Bake 25 to 30 min. or until golden brown. Top with remaining cheese; bake 3 min. or until melted.
- Sprinkle with onions.

## Nutrition Facts



## Properties

Glycemic Index:2.76, Glycemic Load:3.19, Inflammation Score:-1, Nutrition Score:1.9226086965722%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 68.83kcal (3.44%), Fat: 4.4g (6.77%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 5.05g (1.84%), Sugar: 0.42g (0.46%), Cholesterol: 6.91mg (2.3%), Sodium: 156.75mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Phosphorus: 71.64mg (7.16%), Selenium: 3.79µg (5.41%), Calcium: 41.3mg (4.13%), Vitamin B1: 0.05mg (3.27%), Vitamin B2: 0.06mg (3.26%), Folate: 8.71µg (2.18%), Vitamin B3: 0.43mg (2.17%), Iron: 0.39mg (2.14%), Manganese: 0.04mg (2.11%), Zinc: 0.29mg (1.94%), Vitamin B12: 0.11µg (1.75%), Vitamin K: 1.65µg (1.57%), Vitamin E: 0.18mg (1.2%), Vitamin A: 56.38IU (1.13%)