



Cinnamon Monkey Bread

 Gluten Free

READY IN



50 min.

SERVINGS



1

CALORIES



1241 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 3 tablespoons butter softened
- 1 eggs
- 0.3 cup granulated sugar
- 2 tablespoons granulated sugar
- 1.5 teaspoons ground cinnamon
- 0.5 cup milk
- 0.5 cup powdered sugar

- 1 teaspoon vanilla
- 2 teaspoons water
- 3.5 cups frangelico
- 3.5 cups frangelico

Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan

Directions

- Heat oven to 375F. Grease bottom and sides of loaf pan, 9x5x3 inches, with shortening.
- Mix 2 tablespoons granulated sugar and the cinnamon in small bowl; set aside.
- Stir Bisquick mix, milk, 1/3 cup granulated sugar, 3 tablespoons butter, the vanilla and egg in medium bowl until soft dough forms. Shape dough into 1-inch balls; roll in cinnamon-sugar.
- Place dough randomly in pan.
- Sprinkle with any remaining cinnamon-sugar; drizzle 2 tablespoons melted butter over dough balls.
- Bake 25 to 30 minutes or until golden brown.
- Let stand in pan 10 minutes.
- Remove from pan to wire rack.
- If desired, make glaze by mixing powdered sugar and water in small bowl until thin enough to drizzle; drizzle over loaf.
- Cut into slices.
- Serve warm.

Nutrition Facts



■ PROTEIN 3.26% ■ FAT 46.15% ■ CARBS 50.59%

Properties

Glycemic Index:183.18, Glycemic Load:65.5, Inflammation Score:-9, Nutrition Score:13.293478263461%

Nutrients (% of daily need)

Calories: 1240.82kcal (62.04%), Fat: 64.77g (99.64%), Saturated Fat: 15.35g (95.92%), Carbohydrates: 159.75g (53.25%), Net Carbohydrates: 158.16g (57.51%), Sugar: 155.77g (173.07%), Cholesterol: 178.32mg (59.44%), Sodium: 772.21mg (33.57%), Alcohol: 1.38g (100%), Alcohol %: 0.43% (100%), Protein: 10.3g (20.6%), Vitamin A: 2947.99IU (58.96%), Manganese: 0.56mg (27.82%), Vitamin B2: 0.43mg (25.24%), Selenium: 16.82µg (24.03%), Phosphorus: 228.6mg (22.86%), Calcium: 228.01mg (22.8%), Vitamin B12: 1.12µg (18.67%), Vitamin E: 2.76mg (18.42%), Vitamin D: 2.22µg (14.81%), Vitamin B5: 1.2mg (12.01%), Potassium: 294.98mg (8.43%), Vitamin B6: 0.16mg (8.06%), Zinc: 1.14mg (7.62%), Fiber: 1.59g (6.37%), Vitamin B1: 0.09mg (6.27%), Iron: 1.11mg (6.14%), Magnesium: 24.4mg (6.1%), Folate: 21.56µg (5.39%), Copper: 0.06mg (2.9%), Vitamin K: 1.43µg (1.37%), Vitamin B3: 0.23mg (1.17%)