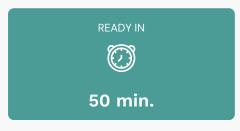
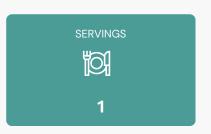


# **Cinnamon Monkey Bread**

**Gluten Free** 







DESSERT

### Ingredients

2 tablespoons butter meited
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**

#### **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%)