



Easy Monkey Bread Muffins

 Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 30 ounce biscuit dough refrigerated separated cut into quarters canned
- ☐ 0.8 cup brown sugar
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 cup butter
- ☐ 0.5 cup sugar white

Equipment

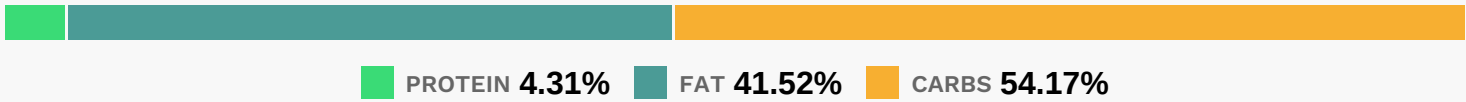
- ☐ sauce pan
- ☐ oven

☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper liners.
- ☐ Mix white sugar and cinnamon together in a gallon-size resealable bag; add biscuits and toss to coat. Press coated biscuits into muffin cups, about 2/3 full.
- ☐ Heat brown sugar and margarine together in a saucepan over medium-low heat until melted, 3 to 5 minutes; pour over each biscuit muffin.
- ☐ Bake in the preheated oven until dough is cooked through, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:13.79, Inflammation Score:-2, Nutrition Score:4.1534782064188%

Nutrients (% of daily need)

Calories: 206.34kcal (10.32%), Fat: 9.67g (14.88%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 27.75g (10.09%), Sugar: 12.07g (13.41%), Cholesterol: 0.35mg (0.12%), Sodium: 380.41mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Phosphorus: 153.95mg (15.4%), Vitamin B1: 0.15mg (10.12%), Manganese: 0.2mg (10.08%), Selenium: 6.78µg (9.69%), Iron: 1.25mg (6.93%), Vitamin B2: 0.11mg (6.24%), Folate: 24.94µg (6.24%), Vitamin B3: 1.2mg (6%), Vitamin E: 0.62mg (4.15%), Vitamin A: 170.85IU (3.42%), Calcium: 27.87mg (2.79%), Potassium: 92.03mg (2.63%), Fiber: 0.64g (2.55%), Magnesium: 6.98mg (1.75%), Copper: 0.03mg (1.7%), Vitamin K: 1.56µg (1.48%), Vitamin B5: 0.12mg (1.21%), Zinc: 0.18mg (1.19%), Vitamin B6: 0.02mg (1.02%)