



Fiesta Bubble Bread

READY IN



45 min.

SERVINGS



8

CALORIES



635 kcal

Ingredients

- ☐ 24 oz biscuits refrigerated cut into quarters
- ☐ 0.5 cup butter melted
- ☐ 1 teaspoon parsley dried
- ☐ 10 oz jalapeño peppers drained sliced
- ☐ 1.5 cup mexican-blend cheese shredded
- ☐ 0.3 cup mozzarella cheese shredded

Equipment

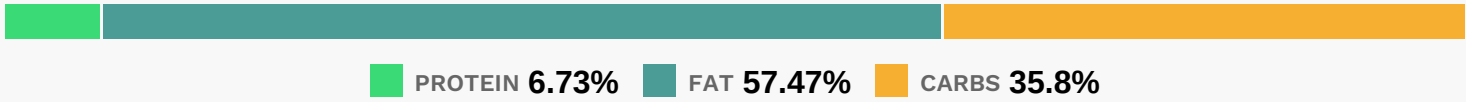
- ☐ bowl
- ☐ oven

☐ kugelhopf pan

Directions

- ☐ In a large bowl, combine butter, cheeses, pepper slices and parsley; add biscuits and toss to coat.
- ☐ Transfer to an ungreased Bundt pan.
- ☐ Bake at 350 degrees for 30 minutes, or until golden. Invert onto a serving plate; serve warm.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:34.46, Inflammation Score:-7, Nutrition Score:14.398695512958%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 634.87kcal (31.74%), Fat: 40.69g (62.6%), Saturated Fat: 18.24g (114.03%), Carbohydrates: 57.02g (19.01%), Net Carbohydrates: 54.92g (19.97%), Sugar: 20.13g (22.37%), Cholesterol: 53.22mg (17.74%), Sodium: 541.98mg (23.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.45%), Vitamin C: 42.04mg (50.96%), Vitamin E: 3.73mg (24.89%), Vitamin B2: 0.37mg (21.98%), Vitamin B1: 0.32mg (21.4%), Folate: 81.88µg (20.47%), Manganese: 0.41mg (20.26%), Vitamin A: 971.99IU (19.44%), Calcium: 174.92mg (17.49%), Phosphorus: 173.18mg (17.32%), Vitamin K: 17.68µg (16.84%), Vitamin B3: 3.28mg (16.39%), Iron: 2.77mg (15.38%), Selenium: 9.3µg (13.29%), Vitamin B6: 0.22mg (11.18%), Fiber: 2.1g (8.4%), Zinc: 1.21mg (8.09%), Vitamin B12: 0.36µg (6.04%), Magnesium: 23.51mg (5.88%), Potassium: 186.98mg (5.34%), Copper: 0.1mg (4.93%), Vitamin B5: 0.44mg (4.41%)