



Garlic Parmesan Monkey Bread

READY IN



60 min.

SERVINGS



10

CALORIES



316 kcal

Ingredients

- ☐ 2 pound loaves bread dough frozen thawed
- ☐ 5 tablespoons butter melted
- ☐ 2 eggs
- ☐ 1.5 teaspoons garlic powder
- ☐ 3 tablespoons green onions finely chopped
- ☐ 0.5 cup parmesan cheese
- ☐ 3 tablespoons parsley
- ☐ 0.3 teaspoon salt

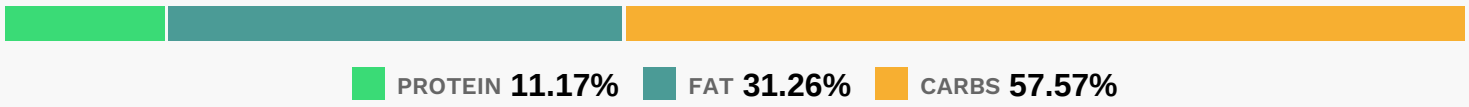
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kugelhopf pan

Directions

- ☐ Grease a 10 inch Bundt pan or tube pan.
- ☐ In a medium bowl, mix together the green onion, parsley, garlic powder, salt, butter and eggs until well blended. Break the bread dough off in walnut-sized pieces, and dip each piece into the egg mixture.
- ☐ Place coated dough balls into the prepared pan. Once there is a layer of balls covering the bottom of the pan, sprinkle with Parmesan cheese. Repeat, sprinkling each layer with cheese until everything is in the pan. Cover loosely, and let rise until doubled in size, about 45 minutes. Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Bake for 30 minutes in the preheated oven, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:3.5456521951634%

Flavonoids

Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 315.98kcal (15.8%), Fat: 10.48g (16.12%), Saturated Fat: 4.7g (29.36%), Carbohydrates: 43.43g (14.48%), Net Carbohydrates: 41.53g (15.1%), Sugar: 0.14g (0.16%), Cholesterol: 51.19mg (17.06%), Sodium: 623.63mg (27.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.85%), Vitamin K: 24.01µg (22.87%), Vitamin A: 380.53IU (7.61%), Fiber: 1.9g (7.58%), Calcium: 69.15mg (6.92%), Selenium: 4.02µg (5.74%), Phosphorus: 57.03mg (5.7%), Vitamin B2: 0.06mg (3.67%), Vitamin B12: 0.15µg (2.5%), Vitamin C: 1.94mg (2.35%), Folate: 7.88µg (1.97%), Zinc: 0.29mg (1.94%), Vitamin E: 0.29mg (1.92%), Iron: 0.32mg (1.8%), Vitamin B5: 0.17mg (1.75%), Vitamin B6:

0.03mg (1.47%), Vitamin D: 0.2µg (1.34%), Magnesium: 4.7mg (1.18%), Potassium: 35.42mg (1.01%)