



Gooney Caramel Monkey Bread

 Popular

READY IN



70 min.

SERVINGS



12

CALORIES



759 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 10 tablespoons butter
- ☐ 4 cans biscuits refrigerated
- ☐ 2 teaspoons cinnamon
- ☐ 0.7 cup granulated sugar

Equipment

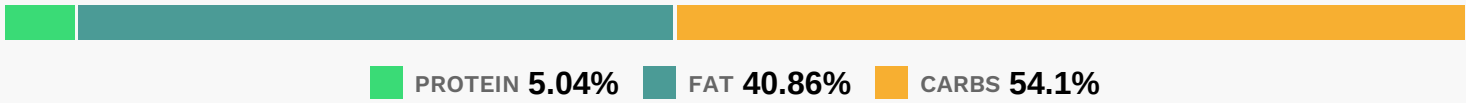
- ☐ frying pan
- ☐ sauce pan

☐ oven

Directions

- ☐ Heat oven to 350F. Grease or spray 12-cup fluted tube pan.
- ☐ Mix granulated sugar and cinnamon in 1-gallon bag. Separate dough into biscuits; cut each in quarters (a pizza wheel works really well for this).
- ☐ Shake biscuit quarters in bag to coat; place in pan.
- ☐ Sprinkle any extra sugar mixture over biscuits.
- ☐ In 1-quart saucepan, bring butter and brown sugar to boiling over medium-high heat; boil 1 minute, stirring constantly.
- ☐ Pour over biscuit quarters.
- ☐ Bake 30 to 45 minutes or until golden brown. Cool 5 minutes. Turn upside down; pull apart to serve.

Nutrition Facts



Properties

Glycemic Index:15.84, Glycemic Load:55.01, Inflammation Score:-5, Nutrition Score:16.716956408937%

Nutrients (% of daily need)

Calories: 759.02kcal (37.95%), Fat: 34.91g (53.71%), Saturated Fat: 9.83g (61.45%), Carbohydrates: 104.02g (34.67%), Net Carbohydrates: 101.84g (37.03%), Sugar: 34.25g (38.05%), Cholesterol: 26.62mg (8.87%), Sodium: 1530.97mg (66.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.36%), Phosphorus: 665.95mg (66.59%), Vitamin B1: 0.66mg (43.88%), Selenium: 29.37µg (41.95%), Manganese: 0.67mg (33.7%), Iron: 5.25mg (29.15%), Folate: 108.35µg (27.09%), Vitamin B2: 0.46mg (26.82%), Vitamin B3: 5.19mg (25.96%), Vitamin E: 2.31mg (15.41%), Potassium: 373.8mg (10.68%), Calcium: 96.93mg (9.69%), Fiber: 2.18g (8.72%), Magnesium: 28.26mg (7.07%), Copper: 0.14mg (6.92%), Vitamin K: 7.23µg (6.89%), Vitamin A: 295.61IU (5.91%), Zinc: 0.76mg (5.08%), Vitamin B5: 0.5mg (5%), Vitamin B6: 0.08mg (4.04%), Vitamin B12: 0.24µg (3.92%)