



Gorilla Bread

READY IN



40 min.

SERVINGS



14

CALORIES



462 kcal

Ingredients

- ☐ 24 ounce biscuits refrigerated canned 10 count
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter 1 stick
- ☐ 3 teaspoons cinnamon
- ☐ 8 ounce cream cheese
- ☐ 0.5 cup granulated sugar
- ☐ 1.5 cups walnuts coarsely chopped

Equipment

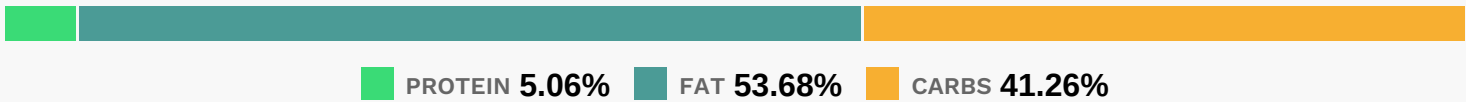
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ kugelhkopf pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Spray a bundt pan with nonstick cooking spray.
- ☐ Mix the granulated sugar and cinnamon. In a saucepan, melt the butter and brown sugar over low heat, stirring well; set aside.
- ☐ Cut the cream cheese into 20 equal cubes. Press the biscuits out with your fingers and sprinkle each with 1/2 teaspoon of cinnamon sugar.
- ☐ Place a cube of cream cheese in the center of each biscuit, wrapping and sealing the dough around the cream cheese.
- ☐ Sprinkle 1/2 cup of the nuts into the bottom of the bundt pan.
- ☐ Place half of the prepared biscuits in the pan.
- ☐ Sprinkle with cinnamon sugar, pour half of the melted butter mixture over the biscuits, and sprinkle on 1/2 cup of nuts.
- ☐ Layer the remaining biscuits on top, sprinkle with the remaining cinnamon sugar, pour the remaining butter mixture over the biscuits, and sprinkle with the remaining 1/2 cup of nuts.
- ☐ Bake for 30 minutes.
- ☐ Remove from the oven and cool for 5 minutes.
- ☐ Place a plate on top and invert.

Nutrition Facts



Properties

Glycemic Index:16.94, Glycemic Load:20.32, Inflammation Score:-5, Nutrition Score:9.3773913163206%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg

Nutrients (% of daily need)

Calories: 462.47kcal (23.12%), Fat: 28.37g (43.64%), Saturated Fat: 9.42g (58.87%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 47.36g (17.22%), Sugar: 25.01g (27.79%), Cholesterol: 34.28mg (11.43%), Sodium: 565.57mg (24.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Manganese: 0.71mg (35.27%), Phosphorus: 272.53mg (27.25%), Vitamin B1: 0.25mg (16.97%), Selenium: 11.47µg (16.39%), Copper: 0.25mg (12.6%), Folate: 48.19µg (12.05%), Vitamin B2: 0.2mg (11.9%), Iron: 2.14mg (11.88%), Vitamin B3: 1.81mg (9.05%), Vitamin A: 424.9IU (8.5%), Magnesium: 31.36mg (7.84%), Calcium: 71.17mg (7.12%), Vitamin E: 1.07mg (7.11%), Fiber: 1.7g (6.8%), Potassium: 210.36mg (6.01%), Vitamin B6: 0.11mg (5.33%), Zinc: 0.72mg (4.81%), Vitamin B5: 0.34mg (3.41%), Vitamin K: 3.37µg (3.21%), Vitamin B12: 0.12µg (1.96%)