



WHATSheATE



Grands!® Cinnamon Pull-Apart Coffee Cake



Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



485 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.8 cup butter melted
- ☐ 32.6 oz biscuits refrigerated pillsbury® canned
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

Equipment

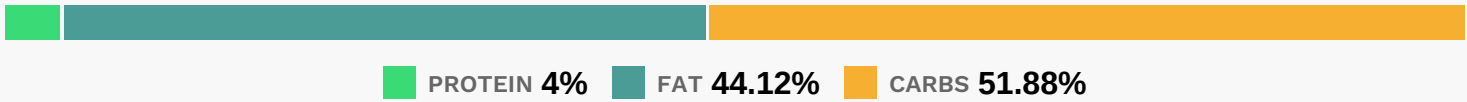
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Heat oven to 350°F. Lightly grease 12-cup fluted tube pan with shortening or cooking spray. In large food-storage plastic bag, mix granulated sugar and cinnamon.
- ☐ Separate dough into 16 biscuits; cut each into quarters. Shake in bag to coat. Arrange in pan. In small bowl, mix brown sugar and butter; pour over biscuit pieces.
- ☐ Bake 28 to 32 minutes or until golden brown and no longer doughy in center. Cool in pan 10 minutes. Turn upside down onto serving plate; pull apart to serve.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:29.45, Inflammation Score:-5, Nutrition Score:8.9156521108487%

Nutrients (% of daily need)

Calories: 485.28kcal (24.26%), Fat: 24.16g (37.17%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 63.9g (21.3%), Net Carbohydrates: 62.81g (22.84%), Sugar: 28.78g (31.98%), Cholesterol: 0.77mg (0.26%), Sodium: 864.51mg (37.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.86%), Phosphorus: 335.27mg (33.53%), Vitamin B1: 0.33mg (22.02%), Selenium: 14.75µg (21.08%), Manganese: 0.34mg (17.15%), Iron: 2.69mg (14.94%), Vitamin B2: 0.23mg (13.63%), Folate: 54.25µg (13.56%), Vitamin B3: 2.61mg (13.04%), Vitamin A: 509.52IU (10.19%), Vitamin E: 1.46mg (9.74%), Calcium: 58.96mg (5.9%), Potassium: 203.74mg (5.82%), Fiber: 1.09g (4.36%), Magnesium: 15.27mg (3.82%), Copper: 0.07mg (3.68%), Vitamin K: 3.21µg (3.06%), Vitamin B5: 0.27mg (2.68%), Zinc: 0.38mg (2.53%), Vitamin B6: 0.05mg (2.26%), Vitamin B12: 0.12µg (2.03%)