



## Grands!™ Taco Monkey Bread

READY IN



60 min.

SERVINGS



6

CALORIES



1334 kcal

### Ingredients

- 1 avocado diced pitted peeled
- 32.6 oz grands flaky refrigerator biscuits refrigerated canned
- 1 tablespoon cilantro leaves fresh chopped
- 1.5 cups lettuce shredded
- 1.5 lb ground beef 80% lean (at least )
- 1 tablespoons juice of lime fresh (1 medium lime)
- 0.3 cup onion red chopped
- 6 servings salt and pepper to taste
- 8 oz sharp cheddar cheese shredded
- 0.5 cup cream sour

- 1 tablespoon taco seasoning (from 1-oz package)
- 0.5 cup tomatoes chopped

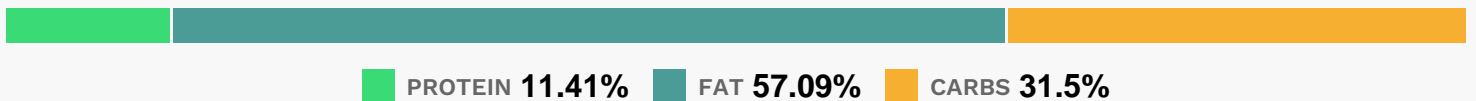
## Equipment

- bowl
- oven
- loaf pan

## Directions

- Heat oven to 350F. Spray 9x5-inch loaf pan with cooking spray. In 12-inch skillet, cook beef and taco seasoning mix 5 to 7 minutes over medium-high heat, stirring occasionally, until beef is thoroughly cooked. Separate each can of dough into 8 biscuits; cut each into quarters. In large bowl, toss biscuit pieces with cooked beef and cheese.
- Pour into loaf pan.
- Bake 35 minutes or until dark golden brown. Cool 5 minutes.
- Meanwhile, in medium bowl, toss avocado, tomato, onion, cilantro, lime juice, salt and pepper.
- Place lettuce on serving plate. Invert bread onto plate over lettuce. Top with sour cream and tomato-avocado mixture.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:43.33, Glycemic Load:62.47, Inflammation Score:-8, Nutrition Score:31.410869245944%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

## **Nutrients (% of daily need)**

Calories: 1334.37kcal (66.72%), Fat: 84.59g (130.14%), Saturated Fat: 31.09g (194.34%), Carbohydrates: 105.03g (35.01%), Net Carbohydrates: 100.21g (36.44%), Sugar: 35.36g (39.28%), Cholesterol: 129.62mg (43.21%), Sodium: 1105.38mg (48.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.04g (76.09%), Selenium: 38.15µg (54.51%), Vitamin B2: 0.9mg (53.12%), Vitamin B3: 10.57mg (52.87%), Phosphorus: 494.83mg (49.48%), Zinc: 7.22mg (48.15%), Vitamin B12: 2.87µg (47.79%), Folate: 177.57µg (44.39%), Vitamin B1: 0.65mg (43.03%), Iron: 7.2mg (40.02%), Manganese: 0.77mg (38.53%), Vitamin E: 5.38mg (35.87%), Calcium: 337.59mg (33.76%), Vitamin K: 32.78µg (31.22%), Vitamin B6: 0.62mg (31.11%), Potassium: 725.12mg (20.72%), Fiber: 4.82g (19.26%), Vitamin A: 918.3IU (18.37%), Vitamin B5: 1.76mg (17.59%), Magnesium: 66.19mg (16.55%), Copper: 0.3mg (15.14%), Vitamin C: 7.18mg (8.7%), Vitamin D: 0.34µg (2.27%)