



Mexican Monkey Bread

READY IN



50 min.

SERVINGS



50

CALORIES



52 kcal

Ingredients

- 16.3 oz biscuits refrigerated divided quartered canned
- 2 Tbsp butter melted
- 0.8 tsp parsley flakes
- 0.8 cup pickled jalapeño drained
- 1.3 cups cheddar cheese shredded divided kraft
- 0.3 cup mozzarella cheese shredded kraft

Equipment

- frying pan
- oven

loaf pan

Directions

Heat oven to 350F.

Spray 9x5-inch loaf pan with cooking spray. Dip 1/3 of the biscuit pieces in butter; place in prepared pan. Top with 1/2 cup cheddar, 1/4 cup peppers and 1/4 tsp. parsley; repeat layers.

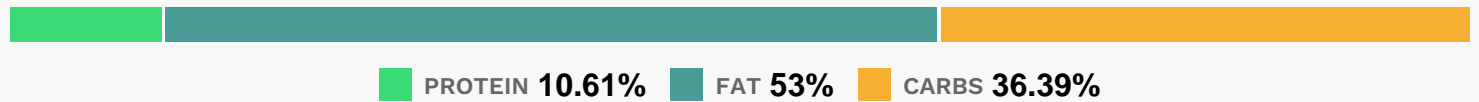
Cover with remaining dipped biscuit pieces, peppers and parsley; top with combined mozzarella and remaining cheddar.

Bake 40 to 45 min. or until golden brown.

Let stand 5 min. Invert bread onto plate; remove pan.

Serve bread warm.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:2.86, Inflammation Score:-1, Nutrition Score:1.4595652235591%

Flavonoids

Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 51.82kcal (2.59%), Fat: 3.08g (4.73%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 4.58g (1.67%), Sugar: 0.48g (0.53%), Cholesterol: 4.58mg (1.53%), Sodium: 117.68mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Phosphorus: 55.26mg (5.53%), Selenium: 2.65µg (3.79%), Calcium: 27.93mg (2.79%), Vitamin B1: 0.04mg (2.72%), Vitamin B2: 0.04mg (2.5%), Manganese: 0.04mg (2.24%), Iron: 0.36mg (2%), Folate: 7.85µg (1.96%), Vitamin B3: 0.32mg (1.58%), Zinc: 0.17mg (1.14%), Vitamin E: 0.16mg (1.06%)