



Michelle's Banana Chocolate Gorilla Bread

READY IN



100 min.

SERVINGS



8

CALORIES



825 kcal

Ingredients

- ☐ 2 bananas sliced
- ☐ 8 tablespoons butter (1 stick)
- ☐ 24 ounce crescent roll dough refrigerated
- ☐ 3 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup brown sugar light packed
- ☐ 0.7 cup semi chocolate chips
- ☐ 6 tablespoons condensed milk sweetened
- ☐ 1.5 cups walnuts chopped

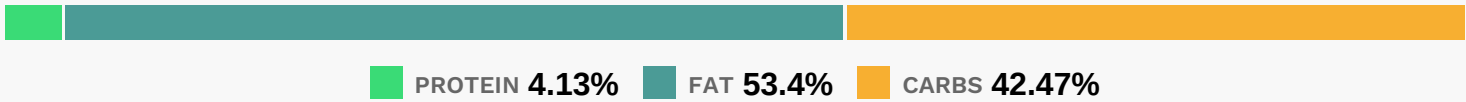
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ kugelhopf 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 small bowl and set aside.
- ☐ In a small saucepan, melt the brown sugar with the butter over low heat. Break open the crescent roll packages and separate the triangles of dough.
- ☐ Brush each triangle with sweetened condensed milk and top with 2 banana slices and 1 teaspoon chocolate chips; fold the edges of the triangle together and seal. Repeat with remaining dough and filling.
- ☐ Sprinkle each with 1/4 teaspoon of the cinnamon sugar.
- ☐ Put half of the walnuts in the Bundt pan and top with half of the dough packets.
- ☐ Pour half of the brown sugar–butter mixture over the dough and sprinkle with 2 teaspoons of the cinnamon sugar. Repeat with the remaining ingredients.
- ☐ Bake until puffed, golden brown, and firm to the touch.
- ☐ Bake for 1 hour.
- ☐ Remove the pan from the oven, transfer it to a rack and allow it to cool for 15 minutes. Put a platter on top of the Bundt pan and invert. Slice and serve warm.

Nutrition Facts



Properties

Glycemic Index:32.61, Glycemic Load:11.7, Inflammation Score:-5, Nutrition Score:10.895217313067%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 825.22kcal (41.26%), Fat: 51.11g (78.63%), Saturated Fat: 20.36g (127.23%), Carbohydrates: 91.44g (30.48%), Net Carbohydrates: 87.87g (31.95%), Sugar: 57.52g (63.91%), Cholesterol: 36.1mg (12.03%), Sodium: 786.71mg (34.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 8.9g (17.8%), Manganese: 1.09mg (54.48%), Copper: 0.58mg (28.77%), Magnesium: 75.83mg (18.96%), Iron: 2.98mg (16.58%), Phosphorus: 163.96mg (16.4%), Fiber: 3.57g (14.28%), Vitamin B6: 0.25mg (12.55%), Potassium: 384.16mg (10.98%), Calcium: 103.61mg (10.36%), Zinc: 1.29mg (8.58%), Vitamin A: 421.42IU (8.43%), Selenium: 5.35µg (7.65%), Vitamin B2: 0.13mg (7.64%), Folate: 29.76µg (7.44%), Vitamin B1: 0.1mg (6.87%), Vitamin B5: 0.43mg (4.34%), Vitamin E: 0.63mg (4.17%), Vitamin C: 3.25mg (3.94%), Vitamin B3: 0.64mg (3.19%), Vitamin K: 2.97µg (2.83%), Vitamin B12: 0.12µg (1.95%)