



Monkey and Gorilla Bread

READY IN



95 min.

SERVINGS



25

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 1 stick butter plus more for pan
- ☐ 30 buttermilk refrigerator biscuits canned
- ☐ 25 servings flour for pan
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup sugar
- ☐ 1 cup walnuts

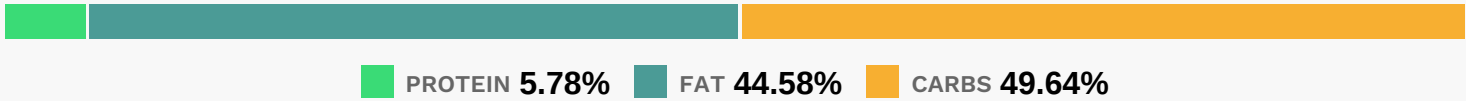
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kugelhkopf pan

Directions

- ☐ Butter and flour a bundt pan and set aside. Preheat oven to 350 degrees F.
- ☐ Combine sugar and cinnamon.
- ☐ Cut refrigerator biscuits in half and toss in cinnamon and sugar mixture. Melt the 1 stick of butter in a saucepan and add brown sugar and bring to a boil; then add nuts. Line the bundt pan with biscuits and pour butter mixture over them.
- ☐ Bake for about 30 minutes.
- ☐ Remove from the pan when it's still hot to avoid
- ☐ Butter and flour a bundt pan. Preheat oven to 350 degrees F.
- ☐ Combine sugar and cinnamon. Separate biscuits and flatten each slightly with your hand.
- ☐ Sprinkle 1/2 teaspoon of the cinnamon and sugar mixture onto each biscuit.
- ☐ Place one cube of cream cheese in center of biscuit and fold in half to resemble a half moon. Melt the 1 stick of butter in a saucepan and add brown sugar and bring to a boil; remove from the heat.
- ☐ Place 1/2 cup nuts on the bottom of the bundt pan and then line the pan with a row of cream cheese filled biscuits.
- ☐ Sprinkle with half of the cinnamon and sugar mixture.
- ☐ Drizzle half of the butter mixture on top and then repeat steps, beginning with nuts.
- ☐ Bake for about 30 minutes.
- ☐ Remove from the pan when it's still hot to avoid sticking.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:16.94, Inflammation Score:-3, Nutrition Score:5.7004347087249%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 240.89kcal (12.04%), Fat: 12.15g (18.69%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 29.47g (10.72%), Sugar: 9.53g (10.59%), Cholesterol: 10.04mg (3.35%), Sodium: 335.8mg (14.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Manganese: 0.35mg (17.74%), Phosphorus: 164.92mg (16.49%), Vitamin B1: 0.21mg (14.23%), Selenium: 8.99µg (12.84%), Folate: 41.18µg (10.29%), Iron: 1.59mg (8.86%), Vitamin B2: 0.14mg (8.29%), Vitamin B3: 1.59mg (7.95%), Copper: 0.11mg (5.74%), Fiber: 0.98g (3.92%), Vitamin E: 0.57mg (3.81%), Magnesium: 15.09mg (3.77%), Potassium: 108.6mg (3.1%), Calcium: 27.17mg (2.72%), Zinc: 0.36mg (2.4%), Vitamin A: 114.77IU (2.3%), Vitamin B6: 0.05mg (2.29%), Vitamin K: 1.82µg (1.73%), Vitamin B5: 0.17mg (1.68%)