



Monkey Bread

READY IN



180 min.

SERVINGS



20

CALORIES



196 kcal

DESSERT

Ingredients

- ☐ 1 pkg active yeast dry
- ☐ 0.8 cup butter divided
- ☐ 1 eggs
- ☐ 5 cups flour divided
- ☐ 1 cup milk
- ☐ 1 tsp salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup warm water (105°F to 115°F)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Cook milk, 1/2 cup butter, sugar and salt in saucepan on low heat just until milk is warmed and butter is melted.
- ☐ Remove from heat; set aside.
- ☐ Sprinkle yeast over warm water in large bowl; stir until yeast is completely dissolved. Stir in milk mixture.
- ☐ Add 3 cups flour; stir until blended.
- ☐ Add egg; mix well. Gradually add enough of the remaining flour to form soft dough, stirring until well blended after each addition.
- ☐ Place in large bowl sprayed with cooking spray. Melt remaining butter; brush 1 Tbsp. onto dough. Cover with plastic wrap.
- ☐ Let rise in warm place 1 hour or until doubled in volume.
- ☐ Punch down dough; divide into 2-1/2-inch balls. Dip balls in remaining melted butter; place in layers in 10-inch tube pan.
- ☐ Place on baking sheet; cover with plastic wrap.
- ☐ Let rise in warm place 45 min. or until doubled in volume.
- ☐ Heat oven to 375F.
- ☐ Bake, uncovered, 40 to 45 min. or until golden brown. Cool 5 min.; remove from pan to wire rack. Cool completely.

Nutrition Facts



PROTEIN 8.45% **FAT 35.93%** **CARBS 55.62%**

Properties

Glycemic Index:9.15, Glycemic Load:19.21, Inflammation Score:-4, Nutrition Score:5.6378260910835%

Nutrients (% of daily need)

Calories: 196.18kcal (9.81%), Fat: 7.79g (11.99%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 26.21g (9.53%), Sugar: 3.17g (3.53%), Cholesterol: 9.65mg (3.22%), Sodium: 205.43mg (8.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Vitamin B1: 0.29mg (19.49%), Folate: 66.5µg (16.62%), Selenium: 11.54µg (16.49%), Vitamin B2: 0.2mg (11.7%), Manganese: 0.22mg (10.79%), Vitamin B3: 2mg (10.01%), Iron: 1.5mg (8.32%), Vitamin A: 336.14IU (6.72%), Phosphorus: 54.62mg (5.46%), Fiber: 0.94g (3.75%), Vitamin B5: 0.27mg (2.71%), Copper: 0.05mg (2.47%), Calcium: 23.86mg (2.39%), Magnesium: 9.11mg (2.28%), Zinc: 0.33mg (2.17%), Vitamin E: 0.31mg (2.08%), Potassium: 61.77mg (1.76%), Vitamin B12: 0.09µg (1.57%), Vitamin B6: 0.03mg (1.55%), Vitamin D: 0.18µg (1.19%)