



Monkey Bread

READY IN



45 min.

SERVINGS



8

CALORIES



548 kcal

DESSERT

Ingredients

- 0.5 cup musselman's® apple butter
- 24 ounce biscuits refrigerated canned
- 0.5 cup brown sugar
- 0.5 cup butter
- 2 tablespoons cinnamon
- 0.5 cup sugar

Equipment

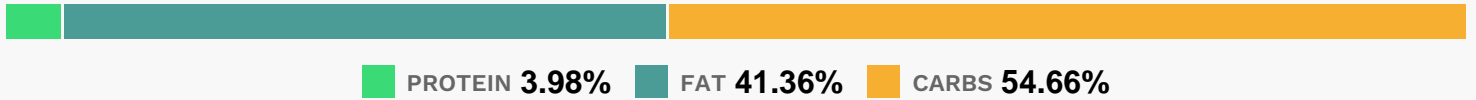
- bowl

- frying pan
- oven
- stove
- kugelhopf pan

Directions

- Separate biscuits and cut in quarters. In a bowl, combine sugar and cinnamon.
- Roll biscuit pieces in cinnamon sugar to coat, and drop them in a greased Bundt pan. Make sure they are distributed evenly.
- On the stove top, heat the butter, brown sugar and sugar to a boil until sugar is dissolved.
- Remove from heat and stir in MUSSELMAN'S Apple Butter.
- Pour mixture over the dough, and bake in a pre-heated 350 degree oven for 30 minutes.
- Let stand 10 minutes, turn upside down onto serving plate, and remove pan.

Nutrition Facts



Properties

Glycemic Index:23.76, Glycemic Load:34.85, Inflammation Score:-4, Nutrition Score:10.989130537147%

Nutrients (% of daily need)

Calories: 547.96kcal (27.4%), Fat: 25.66g (39.47%), Saturated Fat: 9.43g (58.91%), Carbohydrates: 76.3g (25.43%), Net Carbohydrates: 73.87g (26.86%), Sugar: 35.05g (38.94%), Cholesterol: 31.35mg (10.45%), Sodium: 899.2mg (39.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Manganese: 0.75mg (37.38%), Phosphorus: 372.35mg (37.24%), Vitamin B1: 0.37mg (24.39%), Selenium: 16.5µg (23.58%), Iron: 3.13mg (17.41%), Vitamin B2: 0.26mg (15.28%), Folate: 60.39µg (15.1%), Vitamin B3: 2.91mg (14.56%), Vitamin E: 1.51mg (10.05%), Fiber: 2.43g (9.73%), Calcium: 79.12mg (7.91%), Vitamin A: 366.02IU (7.32%), Potassium: 237.11mg (6.77%), Vitamin K: 5.26µg (5.01%), Copper: 0.1mg (4.94%), Magnesium: 17.88mg (4.47%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.3mg (3.05%), Vitamin B6: 0.06mg (2.79%), Vitamin B12: 0.14µg (2.39%)