

Monkey Bread

 Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 cup butter melted (do not use margarine)
- ☐ 0.3 cup milk
- ☐ 1 teaspoon vanilla
- ☐ 3 eggs
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup butter (do not use margarine)

- ☐ 0.8 cup brown sugar packed
- ☐ 3 cups frangelico

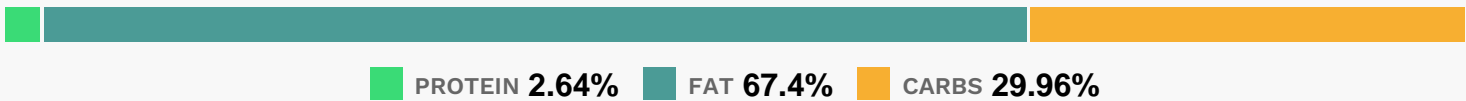
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ cake form

Directions

- ☐ Heat oven to 350°F. Spray 12-cup fluted tube cake pan with cooking spray.
- ☐ In large bowl, stir Bisquick mix, 2 tablespoons granulated sugar, 1/4 cup butter, the milk, vanilla and eggs until soft dough forms. Divide dough into 24 pieces. With greased hands, roll dough into balls.
- ☐ In small bowl, mix 1/4 cup granulated sugar and the cinnamon.
- ☐ Roll each dough ball in sugar mixture; place balls randomly in pan.
- ☐ Sprinkle with any remaining sugar mixture.
- ☐ In 2-quart saucepan, melt 1 cup butter. Stir in brown sugar; heat to boiling over medium heat, stirring constantly. Boil 2 minutes; remove from heat.
- ☐ Pour caramel mixture over dough balls in pan.
- ☐ Bake 22 to 28 minutes or until lightly browned on top. Cool 3 to 5 minutes.
- ☐ Place heatproof serving plate upside down over pan; turn plate and pan over.
- ☐ Remove pan; cool 10 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.27, Glycemic Load:4.4, Inflammation Score:-5, Nutrition Score:2.5082608929471%

Nutrients (% of daily need)

Calories: 265.95kcal (13.3%), Fat: 20.26g (31.18%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 20.23g (7.35%), Sugar: 19.82g (22.02%), Cholesterol: 41.53mg (13.84%), Sodium: 244.48mg (10.63%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 1.79g (3.57%), Vitamin A: 913.69IU (18.27%), Vitamin E: 0.85mg (5.69%), Selenium: 3.68µg (5.25%), Vitamin B2: 0.07mg (3.97%), Phosphorus: 32.98mg (3.3%), Calcium: 31.85mg (3.19%), Vitamin B12: 0.15µg (2.48%), Vitamin B5: 0.23mg (2.26%), Vitamin D: 0.28µg (1.84%), Iron: 0.3mg (1.67%), Vitamin B6: 0.03mg (1.49%), Potassium: 52mg (1.49%), Folate: 5.55µg (1.39%), Manganese: 0.03mg (1.38%), Zinc: 0.17mg (1.13%)