



Monkey Bread

 Vegetarian

READY IN



108 min.

SERVINGS



16

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons butter melted
- ☐ 4.5 tablespoons skim milk fat-free divided
- ☐ 3 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 cup honey
- ☐ 1 cup skim milk fat-free (120° to 130°)

- ☐ 0.3 cup orange juice (120° to 130°)
- ☐ 0.5 cup powdered sugar
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup flour whole-wheat
- ☐ 2.3 teaspoons yeast

Equipment

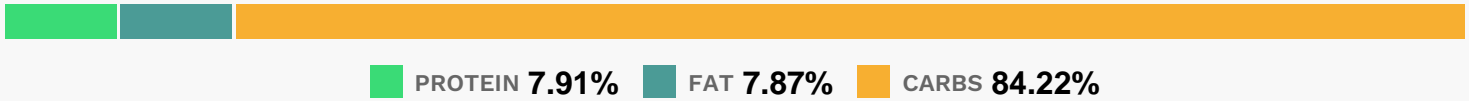
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ stand mixer
- ☐ microwave
- ☐ measuring cup
- ☐ kugelhpf pan

Directions

- ☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, salt, and yeast in the bowl of a stand mixer with dough hook attached; mix until combined. With mixer on, slowly add 1 cup milk, juice, honey, and 2 tablespoons butter; mix dough at medium speed 7 minutes or until smooth and elastic.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Combine granulated sugar, brown sugar, and cinnamon in a shallow dish.
- ☐ Combine 3 tablespoons milk and 2 tablespoons butter in a shallow dish, stirring with a whisk.
- ☐ Punch dough down; divide into 8 equal portions. Working with one portion at a time (cover remaining dough to prevent drying), roll into an 8-inch rope.

- ☐ Cut each dough rope into 8 equal pieces, shaping each piece into a 1-inch ball. Dip each ball in milk mixture, turning to coat, and roll in sugar mixture.
- ☐ Layer balls in a 12-cup Bundt pan coated with cooking spray. Repeat procedure with remaining 7 dough ropes.
- ☐ Sprinkle any remaining sugar mixture over dough. Cover and let rise in a warm place (85), free from drafts, 1 hour or until almost doubled in size.
- ☐ Preheat oven to 350
- ☐ Bake at 350 for 25 minutes or until golden. Cool 5 minutes on a wire rack.
- ☐ Place a plate upside down on top of bread; invert onto plate.
- ☐ Combine powdered sugar, remaining milk, and remaining ingredients in a small bowl, stirring with a whisk. Microwave at HIGH 20 seconds or until warm.
- ☐ Drizzle over bread.

Nutrition Facts



Properties

Glycemic Index:23.18, Glycemic Load:20.11, Inflammation Score:-3, Nutrition Score:6.7799999053064%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 215.38kcal (10.77%), Fat: 1.92g (2.95%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 46.13g (15.38%), Net Carbohydrates: 44.43g (16.16%), Sugar: 22.37g (24.85%), Cholesterol: 4.35mg (1.45%), Sodium: 167.81mg (7.3%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 4.33g (8.67%), Manganese: 0.52mg (26.05%), Vitamin B1: 0.28mg (18.96%), Selenium: 13.22µg (18.89%), Folate: 58.22µg (14.56%), Vitamin B2: 0.18mg (10.43%), Vitamin B3: 1.99mg (9.95%), Iron: 1.47mg (8.19%), Phosphorus: 77.51mg (7.75%), Fiber: 1.7g (6.82%), Magnesium: 19.38mg (4.85%), Calcium: 41.57mg (4.16%), Copper: 0.08mg (3.77%), Zinc: 0.51mg (3.37%), Vitamin B6: 0.06mg (3.24%), Potassium: 110.84mg (3.17%), Vitamin B5: 0.3mg (3%), Vitamin C: 1.97mg (2.39%), Vitamin B12: 0.12µg (1.94%), Vitamin A: 92.74IU (1.85%), Vitamin D: 0.21µg (1.43%)