

Monkey Bread

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 1 package active yeast dry
- ☐ 2.8 cups flour all-purpose
- ☐ 3 tablespoons butter melted reduced-calorie
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 cup warm water divided (100° to 110°)

Equipment

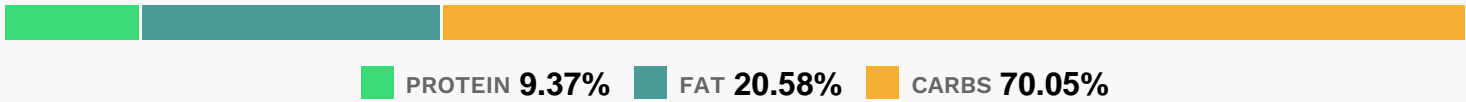
- ☐ bowl

- ☐ oven
- ☐ blender
- ☐ measuring cup
- ☐ kugelhopf pan

Directions

- ☐ Combine yeast and 1/4 cup warm water in a 1-cup liquid measuring cup; let stand 5 minutes.
- ☐ Combine yeast mixture, remaining 3/4 cup warm water, flour, sugar, and salt in a large bowl; beat with a mixer at medium speed until well blended. Cover and chill at least 8 hours.
- ☐ Punch dough down. Turn out onto a heavily floured surface, and knead 3 or 4 times. Shape dough into 36 (1-inch) balls.
- ☐ Brush balls with melted margarine, and layer in a 12-cup Bundt pan coated with cooking spray. Cover and let rise in a warm place (85), free from drafts, 40 to 45 minutes or until doubled in bulk.
- ☐ Preheat oven to 350
- ☐ Bake at 350 for 30 to 35 minutes or until golden.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:11.47, Inflammation Score:-2, Nutrition Score:3.1278261185178%

Nutrients (% of daily need)

Calories: 92.69kcal (4.63%), Fat: 2.1g (3.23%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 15.46g (5.62%), Sugar: 1.38g (1.54%), Cholesterol: 0mg (0%), Sodium: 120.15mg (5.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin B1: 0.19mg (12.86%), Folate: 44.07µg (11.02%), Selenium: 6.51µg (9.3%), Manganese: 0.13mg (6.59%), Vitamin B2: 0.11mg (6.53%), Vitamin B3: 1.28mg (6.42%), Iron: 0.9mg (4.98%), Fiber: 0.62g (2.48%), Phosphorus: 23.64mg (2.36%), Vitamin A: 83.46IU (1.67%), Copper: 0.03mg (1.57%), Vitamin B5: 0.14mg (1.38%), Magnesium: 4.62mg (1.15%), Zinc: 0.17mg (1.11%)