



Monkey Bread (aka Pull Apart Bread)

READY IN



47 min.

SERVINGS



16

CALORIES



160 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.7 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 0.3 cup sugar

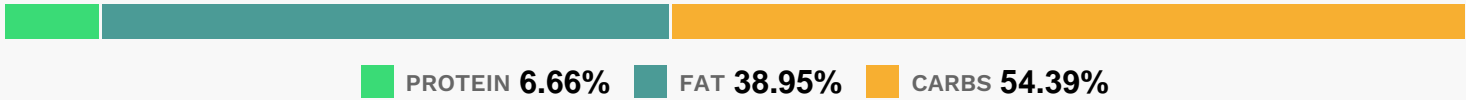
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350F for 15 minutes. Grease an 8-inch square baking pan.In a mixing bowl sift and combine all the ingredients mentioned in Part 1 except butter.Using a pastry blender or a few pulses of a food processor, cut the cold butter into the flour mixture until the mixture resembles coarse meal. Stir in the Part 2 ingredients and combine to form a dough. The final dough would look like this. Divide the dough into 16 balls and place in the prepared baking pan. The balls will touch.
- ☐ Drizzle the balls with the melted butter.
- ☐ Combine the remaining 1/4 cup sugar and the cinnamon.
- ☐ Sprinkle them with the cinnamon-sugar mixture.
- ☐ Bake for 30 minutes, until light brown. Cool in the pan set on a wire rack before removing from the pan.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:11.18, Inflammation Score:-2, Nutrition Score:4.6747826549184%

Nutrients (% of daily need)

Calories: 159.83kcal (7.99%), Fat: 6.93g (10.66%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 20.35g (7.4%), Sugar: 7.79g (8.65%), Cholesterol: 7.54mg (2.51%), Sodium: 174.4mg (7.58%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 2.67g (5.33%), Manganese: 0.29mg (14.46%), Selenium: 6.49µg (9.27%), Vitamin B1: 0.13mg (8.81%), Iron: 1.54mg (8.54%), Copper: 0.16mg (8.2%), Phosphorus: 73.58mg (7.36%), Folate: 28.68µg (7.17%), Calcium: 68.48mg (6.85%), Magnesium: 24.83mg (6.21%), Vitamin B2: 0.1mg (5.78%), Fiber: 1.42g (5.69%), Vitamin B3: 1.03mg (5.16%), Zinc: 0.46mg (3.04%), Potassium: 97.42mg (2.78%), Vitamin A: 88.25IU (1.76%), Vitamin B5: 0.14mg (1.44%), Vitamin B12: 0.08µg (1.33%), Vitamin K: 1.13µg (1.08%)