



Monkey Bread IV

READY IN



60 min.

SERVINGS



1

CALORIES



6146 kcal

DESSERT

Ingredients

- ☐ 40 ounce biscuit dough refrigerated
- ☐ 0.8 cup butter
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup sugar white

Equipment

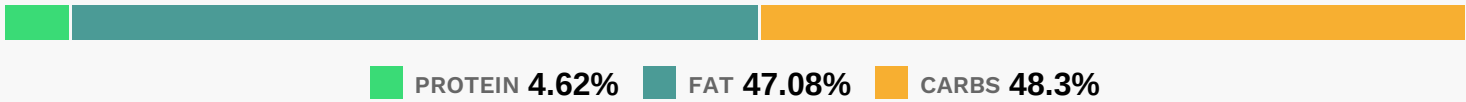
- ☐ frying pan

- ☐ oven
- ☐ loaf pan
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease two 9x5-inch loaf pans or one Bundt pan.
- ☐ Mix sugar, cinnamon, nutmeg and cloves. Set aside.
- ☐ Slice biscuits into quarters. Drop cut biscuits into sugar and spice mixture.
- ☐ Place sugar and spice-coated biscuits into prepared pan(s).
- ☐ Melt butter and mix it with the remaining sugar and spice mixture.
- ☐ Pour over biscuits in pan.
- ☐ Bake in preheated oven until golden brown, 25 to 30 minutes. Cool bread in pan for 5 to 10 minutes, then invert onto serving plate.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:260.09, Glycemic Load:487.83, Inflammation Score:-10, Nutrition Score:64.513478433308%

Nutrients (% of daily need)

Calories: 6146.22kcal (307.31%), Fat: 326.3g (502%), Saturated Fat: 116.04g (725.23%), Carbohydrates: 753.33g (251.11%), Net Carbohydrates: 736.08g (267.67%), Sugar: 239.55g (266.16%), Cholesterol: 377.38mg (125.79%), Sodium: 11780.75mg (512.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72g (144%), Phosphorus: 4922.19mg (492.22%), Vitamin B1: 4.86mg (323.72%), Selenium: 216.27µg (308.95%), Manganese: 5.48mg (274.07%), Iron: 37.98mg (210.99%), Vitamin B2: 3.41mg (200.61%), Folate: 800.02µg (200%), Vitamin B3: 38.16mg (190.78%), Vitamin E: 19.06mg (127.03%), Vitamin A: 4290.85IU (85.82%), Potassium: 2610.82mg (74.59%), Fiber: 17.24g (68.97%), Calcium: 643.59mg (64.36%), Vitamin K: 60.37µg (57.49%), Magnesium: 201.71mg (50.43%), Copper: 0.98mg (49.04%), Zinc: 5.72mg (38.15%), Vitamin B5: 3.61mg (36.06%), Vitamin B12: 1.88µg (31.28%), Vitamin B6: 0.55mg (27.4%)