



Monkey Bread V



Dairy Free

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READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

570 kcal

DESSERT

Ingredients

- ☐ 30 ounce biscuit dough refrigerated
- ☐ 3 tablespoons ground cinnamon
- ☐ 0.5 cup butter
- ☐ 0.8 cup sugar white

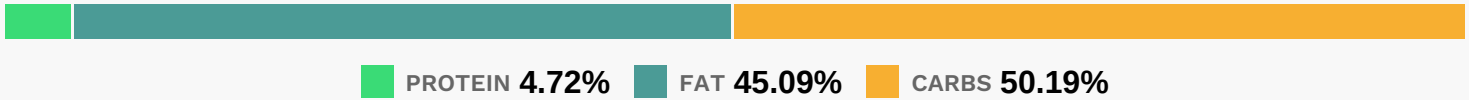
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Mix together 3/4 cup sugar and cinnamon.
- ☐ Quarter the biscuits with kitchen shears. Dip shears in water after each cut to keep the biscuits from getting too sticky. Dip biscuits into sugar mixture, and place in a greased tube pan. Do this until all biscuits are used.
- ☐ Melt butter or margarine, and mix in 3/4 cup sugar.
- ☐ Pour mixture over biscuits.
- ☐ Bake in a preheated 350 degree F (175 degrees C) oven for 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:45.75, Inflammation Score:-6, Nutrition Score:13.393913048117%

Nutrients (% of daily need)

Calories: 569.64kcal (28.48%), Fat: 29.06g (44.71%), Saturated Fat: 5.03g (31.42%), Carbohydrates: 72.78g (24.26%), Net Carbohydrates: 69.81g (25.38%), Sugar: 22.48g (24.97%), Cholesterol: 1.06mg (0.35%), Sodium: 1135.72mg (49.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Manganese: 0.94mg (47.07%), Phosphorus: 462.32mg (46.23%), Vitamin B1: 0.46mg (30.4%), Selenium: 20.19µg (28.85%), Iron: 3.77mg (20.93%), Vitamin B2: 0.32mg (18.85%), Folate: 74.74µg (18.68%), Vitamin B3: 3.61mg (18.03%), Vitamin E: 1.91mg (12.75%), Fiber: 2.97g (11.9%), Vitamin A: 518.46IU (10.37%), Calcium: 86.6mg (8.66%), Potassium: 257.4mg (7.35%), Magnesium: 20.3mg (5.07%), Vitamin K: 5.29µg (5.04%), Copper: 0.1mg (4.99%), Zinc: 0.57mg (3.78%), Vitamin B5: 0.34mg (3.42%), Vitamin B6: 0.06mg (2.8%), Vitamin B12: 0.16µg (2.72%)