



Neiman-Marcus Monkey Bread

READY IN



45 min.

SERVINGS



10

CALORIES



359 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 0.5 cup butter melted
- 1 package yeast dry
- 3.5 cups flour all-purpose
- 1 cup milk
- 1 teaspoon salt
- 0.3 cup sugar

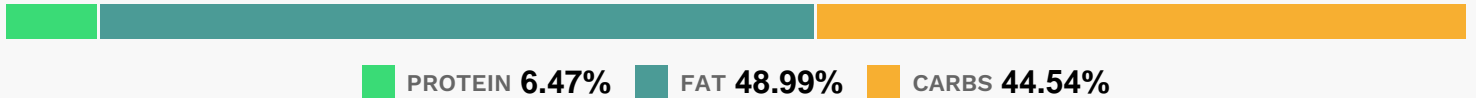
Equipment

- bowl
- frying pan
- sauce pan
- oven
- kugelhopf pan

Directions

- Combine milk, 1/2 cup butter, sugar, and salt in a saucepan; heat until butter melts. Cool to 105 to 115; add yeast, stirring until dissolved.
- Place flour in a large bowl; add milk mixture, and stir until well blended.
- Cover and let rise in a warm place (85), free from drafts, 1 hour and 20 minutes or until doubled in bulk. Punch dough down.
- Roll dough into 1 1/2-inch balls; dip each ball in melted butter.
- Layer balls of dough in a 10- inch tube or bundt pan. Cover and repeat rising procedure 45 minutes or until doubled in bulk.
- Bake at 375 for 35 minutes. Cool in pan 5 minutes; invert onto serving plate.

Nutrition Facts



Properties

Glycemic Index:18.31, Glycemic Load:28.08, Inflammation Score:-7, Nutrition Score:8.5526086459665%

Nutrients (% of daily need)

Calories: 358.63kcal (17.93%), Fat: 19.55g (30.08%), Saturated Fat: 4.32g (27%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 38.63g (14.05%), Sugar: 6.28g (6.98%), Cholesterol: 2.93mg (0.98%), Sodium: 457.16mg (19.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.61%), Vitamin B1: 0.44mg (29.09%), Folate: 96.67µg (24.17%), Selenium: 15.38µg (21.97%), Vitamin A: 851.51IU (17.03%), Vitamin B2: 0.29mg (16.89%), Manganese: 0.3mg (15.12%), Vitamin B3: 2.9mg (14.48%), Iron: 2.05mg (11.39%), Phosphorus: 81.57mg (8.16%), Fiber: 1.37g (5.48%), Vitamin E: 0.74mg (4.95%), Calcium: 43.79mg (4.38%), Vitamin B5: 0.4mg (3.96%), Magnesium: 13.62mg (3.4%), Copper: 0.07mg (3.34%), Zinc: 0.46mg (3.09%), Potassium: 99.78mg (2.85%), Vitamin B12: 0.16µg (2.58%), Vitamin B6: 0.05mg (2.33%), Vitamin D: 0.27µg (1.79%)