

## Orange Monkey Bread

READY IN



50 min.

SERVINGS



10

CALORIES



348 kcal

DESSERT

### Ingredients

- 20 ounce biscuits refrigerated separated halved canned
- 0.3 cup butter melted
- 0.3 cup orange juice
- 1 tablespoon orange zest fresh finely grated
- 1.3 cups sugar

### Equipment

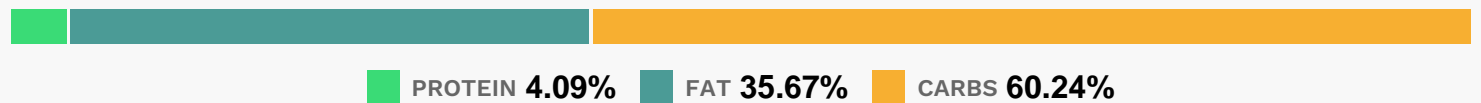
- bowl
- frying pan

- oven
- whisk
- kugelhopf pan

## Directions

- Preheat an oven to 375 degrees F (190 degrees C). Grease a 10-inch Bundt pan.
- Toss the sugar and orange zest together in a small bowl.
- Whisk the orange juice and melted butter together in a separate small bowl.
- Roll the biscuit dough pieces into balls. Dip each ball into the orange juice mixture and then roll in the sugar mixture. Arrange the coated balls evenly in the prepared pan.
- Pour the remaining orange juice mixture over the biscuits.
- Bake in the preheated oven until golden brown, about 30 minutes. Allow to cool in the pan for a few minutes before turning out onto a serving platter.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:23.71, Glycemic Load:35.29, Inflammation Score:-3, Nutrition Score:6.5191305253817%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 348.19kcal (17.41%), Fat: 14.06g (21.62%), Saturated Fat: 4.33g (27.07%), Carbohydrates: 53.41g (17.8%), Net Carbohydrates: 52.6g (19.13%), Sugar: 27.62g (30.69%), Cholesterol: 12.77mg (4.26%), Sodium: 570.95mg (24.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Phosphorus: 246.7mg (24.67%), Vitamin B1: 0.25mg (16.7%), Selenium: 10.88µg (15.54%), Manganese: 0.22mg (11.22%), Folate: 42.52µg (10.63%), Iron: 1.91mg (10.59%), Vitamin B2: 0.18mg (10.31%), Vitamin B3: 1.94mg (9.71%), Vitamin C: 4.95mg (6%), Vitamin E: 0.88mg (5.9%), Potassium: 146.67mg (4.19%), Fiber: 0.82g (3.27%), Vitamin A: 162.01IU (3.24%), Calcium: 31.27mg (3.13%), Magnesium: 10.79mg (2.7%), Copper: 0.05mg (2.65%), Vitamin K: 2.73µg (2.6%), Vitamin B5: 0.19mg

(1.95%), Zinc: 0.29mg (1.9%), Vitamin B6: 0.03mg (1.56%), Vitamin B12: 0.09µg (1.48%)