



## Peanut Butter-Banana Monkey Bread

READY IN



40 min.

SERVINGS



40

CALORIES



76 kcal

DESSERT

### Ingredients

- 1 small banana coarsely chopped
- 0.3 cup brown sugar packed
- 2 Tbsp butter
- 16.3 oz biscuits refrigerated cut into quarters canned
- 2 Tbsp creamy peanut butter
- 0.3 cup granulated sugar
- 2 Tbsp pancake syrup
- 6 Tbsp planters cocktail peanuts divided
- 1 Tbsp water

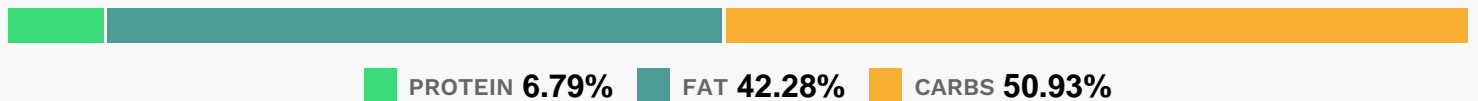
## Equipment

- food processor
- bowl
- frying pan
- oven
- microwave

## Directions

- Heat oven to 350F.
- Place bananas in 9-inch round pan sprayed with cooking spray; sprinkle with 1/4 cup nuts. Microwave brown sugar, butter, peanut butter, syrup and water in small microwaveable bowl on HIGH 1 min. or until butter is melted; stir until mixture is well blended.
- Drizzle over ingredients in pan.
- Use pulsing action to process granulated sugar and remaining nuts in food processor until nuts are almost ground; pour into shallow dish.
- Dip dough pieces, 1 at a time, in nut mixture, turning to evenly coat all sides of each piece. Arrange in single layer over ingredients in pan; top with any remaining nut mixture.
- Bake 25 min. or until golden brown. Cool 1 min.; invert onto plate.
- Remove pan. Top bread with any nuts remaining in pan; cool slightly.

## Nutrition Facts



## Properties

Glycemic Index:6.7, Glycemic Load:4.73, Inflammation Score:-1, Nutrition Score:1.9034782635129%

## Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg

## Nutrients (% of daily need)

Calories: 75.83kcal (3.79%), Fat: 3.66g (5.64%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 9.53g (3.47%), Sugar: 3.38g (3.75%), Cholesterol: 1.68mg (0.56%), Sodium: 118.57mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Phosphorus: 59.09mg (5.91%), Manganese: 0.11mg (5.26%), Vitamin B1: 0.06mg (4.1%), Vitamin B3: 0.75mg (3.76%), Selenium: 2.38µg (3.39%), Folate: 12.91µg (3.23%), Iron: 0.47mg (2.62%), Vitamin B2: 0.04mg (2.34%), Magnesium: 6.98mg (1.74%), Vitamin E: 0.24mg (1.63%), Fiber: 0.4g (1.59%), Copper: 0.03mg (1.57%), Potassium: 52.64mg (1.5%), Vitamin B6: 0.02mg (1.2%)