



Peanut Butter Monkey Bread

READY IN



40 min.

SERVINGS



40

CALORIES



75 kcal

DESSERT

Ingredients

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

Equipment

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

Directions

- Heat oven to 350F.
- Microwave brown sugar, butter, peanut butter, syrup and water in microwaveable bowl on HIGH 1 min. or until butter is melted; stir until mixture is well blended.
- Pour into 9-inch round pan sprayed with cooking spray; sprinkle with raisins and 1/4 cup nuts.
- Use pulsing action to process remaining nuts and granulated sugar in food processor until nuts are almost finely ground; pour into shallow dish.
- Dip dough pieces in nut mixture, turning to evenly coat each piece. Arrange in single layer over ingredients in 9-inch round 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 nut mixture remaining in pan; cool slightly.

Nutrition Facts



PROTEIN 6.88% **FAT 42.82%** **CARBS 50.3%**

Properties

Glycemic Index:6.45, Glycemic Load:4.59, Inflammation Score:-1, Nutrition Score:1.8269565204239%

Nutrients (% of daily need)

Calories: 74.63kcal (3.73%), Fat: 3.65g (5.61%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 9.26g (3.37%), Sugar: 3.05g (3.39%), Cholesterol: 1.68mg (0.56%), Sodium: 119.11mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Phosphorus: 58.65mg (5.87%), Manganese: 0.1mg (5.1%), Vitamin B1: 0.06mg (4.06%), Vitamin B3: 0.74mg (3.71%), Selenium: 2.39µg (3.41%), Folate: 12.47µg (3.12%), Iron: 0.48mg (2.65%), Vitamin B2: 0.04mg (2.23%), Copper: 0.03mg (1.59%), Magnesium: 6.34mg (1.58%), Fiber:

0.38g (1.53%), Vitamin E: 0.22mg (1.46%), Potassium: 48.15mg (1.38%)