



Savory Monkey Bread

READY IN



45 min.

SERVINGS



8

CALORIES



464 kcal

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 24 oz biscuits refrigerated
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2.5 tablespoons garlic minced
- ☐ 2 cups parmesan cheese shredded finely

Equipment

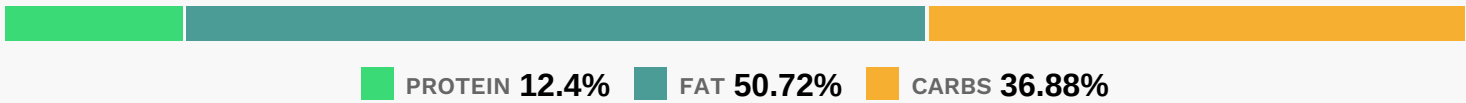
- ☐ bowl
- ☐ oven

☐ kugelhopf pan

Directions

- ☐ In a bowl, mix together cheese, herbs and garlic.
- ☐ Place melted butter in a separate bowl.
- ☐ Cut each biscuit in half; dip into butter and coat with cheese mixture. Arrange biscuits in a greased Bundt pan, overlapping slightly.
- ☐ Bake at 375 degrees for 25 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:26.55, Inflammation Score:-5, Nutrition Score:13.249999940395%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 463.78kcal (23.19%), Fat: 26.29g (40.44%), Saturated Fat: 9.88g (61.77%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 41.77g (15.19%), Sugar: 3.19g (3.54%), Cholesterol: 33.1mg (11.03%), Sodium: 1247.85mg (54.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.46g (28.92%), Phosphorus: 545.35mg (54.53%), Calcium: 346.37mg (34.64%), Selenium: 22.04µg (31.49%), Vitamin B1: 0.38mg (25.24%), Vitamin B2: 0.34mg (19.86%), Manganese: 0.39mg (19.54%), Iron: 3.1mg (17.25%), Folate: 62.46µg (15.61%), Vitamin B3: 2.95mg (14.74%), Vitamin E: 1.35mg (8.99%), Vitamin A: 415.44IU (8.31%), Zinc: 1.14mg (7.6%), Vitamin B12: 0.43µg (7.19%), Magnesium: 27mg (6.75%), Potassium: 230.05mg (6.57%), Vitamin K: 6.53µg (6.22%), Fiber: 1.24g (4.95%), Vitamin B6: 0.1mg (4.82%), Copper: 0.09mg (4.47%), Vitamin B5: 0.4mg (3.96%), Vitamin C: 0.98mg (1.19%)