



## Sticky Monkey Bread

 Vegetarian

READY IN



230 min.

SERVINGS



12

CALORIES



491 kcal

DESSERT

### Ingredients

- ☐ 2.3 teaspoons packet active yeast dry
- ☐ 1 teaspoon apple cider vinegar
- ☐ 2 tablespoons rum dark
- ☐ 1 large egg yolk
- ☐ 2.8 cups flour for dusting all-purpose plus more
- ☐ 0.5 cup granulated sugar
- ☐ 0.8 cup heavy cream
- ☐ 0.1 teaspoon kosher salt

- ☐ 1 cup brown sugar light packed
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 cup pecans chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 4 tablespoons butter unsalted cooled melted plus more for brushing
- ☐ 12 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 cup milk whole

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ cake form
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave

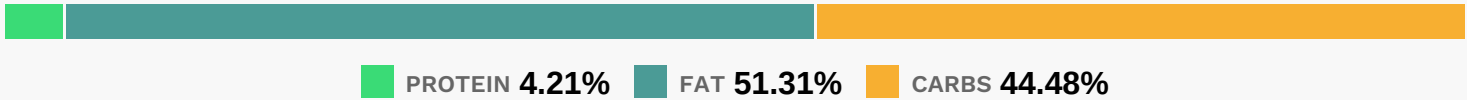
## Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Spread the pecans on a baking sheet and bake until lightly toasted, about 8 minutes; set aside.

- ☐ Melt 1 stick butter in a medium saucepan over medium heat.
- ☐ Add the brown sugar and heavy cream; boil until slightly thickened, about 4 minutes. Stir in the vanilla, vinegar, rum, salt and the toasted pecans.
- ☐ Pour all but 1/2 cup of the pecan mixture into an 8-inch-round, 3-inch-deep cake pan. Refrigerate until almost set, about 15 minutes. Set the remaining pecan mixture aside at room temperature.
- ☐ Put the remaining 1/2 stick butter in a microwave-safe bowl; microwave until melted.
- ☐ Put the granulated sugar in another bowl. Pinch off tablespoonfuls of dough and roll into 1-inch balls. Dip the balls in the melted butter, letting the excess drip off, then roll in the granulated sugar; arrange in the prepared cake pan in 2 layers, leaving a bit of space between the balls.
- ☐ Let rise, uncovered, in a warm place until doubled in size, about 1 hour, 30 minutes.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Bake the bread until puffed and golden brown (a thermometer inserted into the center should register 175 degrees F), about 55 minutes; tent with aluminum foil if the top is getting too dark.
- ☐ Remove the bread from the oven and spread the reserved 1/2 cup pecan mixture on top.
- ☐ Transfer to a rack and let cool 10 minutes in the pan, then invert onto a plate. Pull off pieces to serve.
- ☐ Photograph by Johnny Miller
- ☐ Warm 1/2 cup water and the milk in a saucepan over low heat until a thermometer registers 100 degrees F to 110 degrees F.
- ☐ Remove from the heat and sprinkle the yeast on top, then sprinkle with a pinch of the sugar; set aside, undisturbed, until foamy, about 5 minutes.
- ☐ Whisk the melted butter, egg yolk and vanilla into the yeast mixture until combined. In a large bowl, whisk the flour, the remaining sugar, the salt and nutmeg. Make a well in the center, then add the yeast mixture and stir with a wooden spoon to make a thick and slightly sticky dough. Turn out onto a floured surface and knead until soft and elastic, about 6 minutes. Shape into a ball.
- ☐ Brush a large bowl with butter.
- ☐ Add the dough, turning to coat lightly with the butter. Cover with plastic wrap and let rise at room temperature until the dough is doubled in size, about 1 hour, 15 minutes.

Turn the dough out of the bowl and knead briefly to release excess air; re-form into a ball and return to the bowl. Lightly butter a large piece of plastic wrap and lay it directly on the surface of the dough. Cover the bowl tightly with plastic wrap and refrigerate at least 4 hours or overnight.

## Nutrition Facts



### Properties

Glycemic Index:32.35, Glycemic Load:24.78, Inflammation Score:-6, Nutrition Score:8.9713043434464%

### Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

### Nutrients (% of daily need)

Calories: 490.5kcal (24.53%), Fat: 28.15g (43.3%), Saturated Fat: 13.97g (87.3%), Carbohydrates: 54.91g (18.3%), Net Carbohydrates: 53.09g (19.3%), Sugar: 31.77g (35.3%), Cholesterol: 73.46mg (24.49%), Sodium: 186.44mg (8.11%), Alcohol: 1.12g (100%), Alcohol %: 1.2% (100%), Protein: 5.19g (10.39%), Manganese: 0.63mg (31.33%), Vitamin B1: 0.36mg (24.11%), Folate: 71.54µg (17.88%), Selenium: 12.02µg (17.17%), Vitamin A: 727.21IU (14.54%), Vitamin B2: 0.24mg (13.87%), Vitamin B3: 2.09mg (10.43%), Iron: 1.77mg (9.85%), Phosphorus: 89.81mg (8.98%), Copper: 0.17mg (8.51%), Fiber: 1.82g (7.28%), Magnesium: 22.24mg (5.56%), Calcium: 55.18mg (5.52%), Zinc: 0.8mg (5.31%), Vitamin E: 0.76mg (5.04%), Vitamin D: 0.71µg (4.71%), Vitamin B5: 0.45mg (4.46%), Potassium: 135.42mg (3.87%), Vitamin B6: 0.07mg (3.26%), Vitamin B12: 0.14µg (2.31%), Vitamin K: 2.23µg (2.12%)