



Strawberry Cream Cheese Monkey Bread



Vegetarian



Gluten Free



Popular

READY IN



50 min.

SERVINGS



8

CALORIES



358 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 cup butter unsalted cooled melted
- ☐ 0.3 cup milk
- ☐ 1 teaspoon vanilla
- ☐ 3 eggs
- ☐ 1 cup brown sugar light packed
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 cup butter unsalted melted

- ☐ 1 cup strawberries fresh sliced
- ☐ 3 oz cream cheese softened
- ☐ 3 tablespoons powdered sugar
- ☐ 3 tablespoons milk
- ☐ 0.3 teaspoon vanilla
- ☐ 3 cups frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ cake form

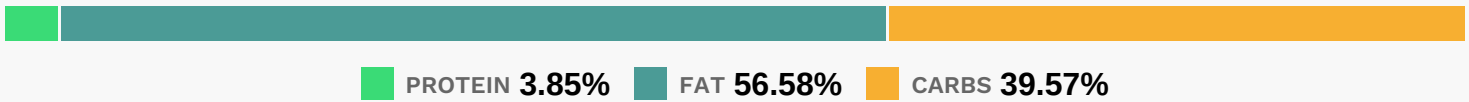
Directions

- ☐ Heat oven to 350°F. Lightly spray fluted tube cake pan with cooking spray.
- ☐ In large bowl, stir together dough ingredients until well combined.
- ☐ Transfer dough to lightly floured work surface. Divide dough into 24 pieces; roll each piece into a ball.
- ☐ In small bowl, stir together brown sugar and 2 teaspoons cinnamon. Dip 10 balls of dough into 1/2 cup melted butter, tapping off excess; roll in brown sugar-cinnamon mixture.
- ☐ Place coated balls in single layer to cover bottom of pan.
- ☐ Spoon half of the strawberries over layer of dough. Dip 10 more balls of dough into butter and coat with brown sugar-cinnamon mixture; arrange in single layer over strawberries. Top with remaining strawberries. Dip remaining balls of dough into butter and coat with brown sugar-cinnamon mixture; arrange in layer over strawberries.
- ☐ Bake 25 to 30 minutes or until top is golden brown.
- ☐ Meanwhile, in small bowl, beat together glaze ingredients until smooth and creamy. If necessary, add more powdered sugar or milk to create a smooth, thick glaze.
- ☐ Remove bread from oven; cool in pan on cooling rack 5 minutes.

- ☐
- Place serving plate upside down over pan; turn plate and pan over.

☐☐

Nutrition Facts



Properties

Glycemic Index:27.26, Glycemic Load:2.9, Inflammation Score:-4, Nutrition Score:5.0973913151285%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 357.86kcal (17.89%), Fat: 22.98g (35.36%), Saturated Fat: 13.85g (86.54%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 35.54g (12.92%), Sugar: 34.68g (38.54%), Cholesterol: 119.46mg (39.82%), Sodium: 72.26mg (3.14%), Alcohol: 0.22g (100%), Alcohol %: 0.24% (100%), Protein: 3.52g (7.04%), Vitamin A: 788.79IU (15.78%), Vitamin C: 10.6mg (12.85%), Selenium: 6.9µg (9.85%), Manganese: 0.18mg (9.16%), Vitamin B2: 0.13mg (7.72%), Calcium: 71.8mg (7.18%), Phosphorus: 68.31mg (6.83%), Vitamin E: 0.83mg (5.53%), Vitamin D: 0.8µg (5.3%), Vitamin B12: 0.28µg (4.63%), Vitamin B5: 0.45mg (4.47%), Potassium: 129.1mg (3.69%), Folate: 13.98µg (3.49%), Iron: 0.62mg (3.44%), Vitamin B6: 0.06mg (3.17%), Zinc: 0.38mg (2.56%), Magnesium: 10.14mg (2.54%), Fiber: 0.63g (2.5%), Vitamin K: 2.35µg (2.24%), Copper: 0.04mg (2.07%), Vitamin B1: 0.02mg (1.47%)