

# Monkey Bread II

Iris Howell

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

4 packages raised biscuit dough  
2/3 cup sugar  
2 tablespoons cinnamon  
1 cup butter or margarine  
1 1/2 cups sugar  
1 tablespoon vanilla  
1 tablespoon cinnamon  
1 cup nuts (walnuts or pecans)

Preheat the oven to 350 degrees.

Cut the biscuits with scissors into quarters, one at a time. Add the dough into a bag which has a mixture of 2/3 cup of sugar and two tablespoons of cinnamon. Shake.

Grease a bundt pan.

In a saucepan, melt the butter, 1-1/2 cup of sugar, one tablespoon of cinnamon and the vanilla. Bring to a boil.

Place half of the cup up sugared biscuits in the Bundt pan. Add half of the butter mixture. Sprinkle with the nuts. Add the remaining biscuits.

Bake for 40 minutes.

Cool in the pan.

Invert on a cake plate.

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Per Serving (excluding unknown items): 3389 Calories; 185g Fat (47.7% calories from fat); 3g Protein; 452g Carbohydrate; 11g Dietary Fiber; 497mg Cholesterol; 1883mg Sodium. Exchanges: 1 Grain(Starch); 37 Fat; 29 Other Carbohydrates.

Miscellaneous

## Per Serving Nutritional Analysis

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Calories (kcal):	3389	Vitamin B6 (mg):	trace
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% Calories from Fat:	47.7%
% Calories from Carbohydrates:	51.9%
% Calories from Protein:	0.3%
Total Fat (g):	185g
Saturated Fat (g):	115g
Monounsaturated Fat (g):	53g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	497mg
Carbohydrate (g):	452g
Dietary Fiber (g):	11g
Protein (g):	3g
Sodium (mg):	1883mg
Potassium (mg):	170mg
Calcium (mg):	309mg
Iron (mg):	8mg
Zinc (mg):	1mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	6989IU
Vitamin A (r.e.):	1722RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	38
% Refuse:	0.0%

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### Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	37
Other Carbohydrates:	29

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## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	3389	<b>Calories from Fat:</b>	1618
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### % Daily Values\*

<b>Total Fat</b>	185g	284%
Saturated Fat	115g	573%
<b>Cholesterol</b>	497mg	166%
<b>Sodium</b>	1883mg	78%
<b>Total Carbohydrates</b>	452g	151%
Dietary Fiber	11g	44%
<b>Protein</b>	3g	
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<b>Vitamin A</b>		140%
<b>Vitamin C</b>		10%
<b>Calcium</b>		31%
<b>Iron</b>		46%

\* Percent Daily Values are based on a 2000 calorie diet.