

ESTD



1790

## ITALIAN HERB AND CHEESE MONKEY BREAD

This box contains a dough mix, seasoning mix, and a packet of yeast.  
You will need to add:

### FOR THE DOUGH

7g yeast (packet enclosed)  
3/4 teaspoon salt  
2 tablespoons softened butter or olive oil  
1 large egg  
3/4 cup plus 2 tablespoons water

### FOR THE SEASONING

4 tablespoons melted butter  
6 tablespoons water

1. LIGHTLY grease a 10- to 12-cup bundt pan, ring mold, tube pan, or 9" round or 9" square pan.
2. TO MAKE THE DOUGH: Combine the mix, yeast, salt, soft butter or olive oil, egg, and water. Mix and knead to form a soft dough. Place the dough in a greased bowl, cover with plastic wrap, and let it rise in a warm place about 1 hour, or until the dough is noticeably puffy.
3. TURN the dough out onto a lightly greased work surface and pat it into a 5" x 12" rectangle. Cut lengthwise into four strips, then cut each strip crosswise into about 12 pieces. Roll each piece into a ball. If the dough sticks, oil your hands.
4. TO MAKE THE SEASONING: Mix the melted butter and hot water with the seasoning mix. Toss balls of dough in mixture to coat, then place in the prepared pan. Cover and let rise in a warm place for 45 minutes, or until noticeably puffy. Near the end of the rising time, preheat the oven to 350°F.
5. TO BAKE THE BREAD: Bake for 25 to 28 minutes, until golden brown. Remove from the oven, and enjoy hot, right from the pan. Or cool for 5 minutes before turning out onto a serving platter. Serve warm.

Take it over the top! Serve with warm marinara sauce, pesto, or your favorite dip.

Yield: 1 loaf, 12 to 16 servings.

Find our complete assortment of tasty mixes, ingredients, pans, baking tools, and delicious recipes online: [kingarthurfLOUR.com](http://kingarthurfLOUR.com)

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in the kitchen start with great  
flour, flour that's never been  
bleached or bromated:  
King Arthur Flour.



### HOMEMADE, NATURALLY

We source top-quality ingredients and put centuries of King Arthur baking expertise into our assortment of premium gourmet all-natural mixes. Our bakers spend countless hours testing, tweaking, tasting, and re-testing; we want these mixes to be the best thing you'll ever bake. Because we believe there's nothing like homemade... naturally.

### YOUR BAKING COMPANION

To browse our hundreds of baker-tested recipes and sign up for our free recipe-sharing e-newsletter, visit us online: [kingarthurfLOUR.com](http://kingarthurfLOUR.com)

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We keep the best interests of our employees, our community, and the environment top of mind in everything we do.



ALL NATURAL

# ITALIAN HERB & CHEESE MONKEY BREAD MIX



serving  
suggestion

From ONLY the FINEST FLOUR

Includes

DOUGH MIX • SEASONING MIX • YEAST PACKET

NET WT 18.25 OZ (1 LB 2.25 OZ) 517g

## Nutrition Facts

Serving Size 1/15 package (34g)  
Servings Per Container 15

### Amount Per Serving

**Calories** 130    **Calories from Fat** 20

% Daily Value\*

**Total Fat** 2g    **3%**

Saturated Fat 1g    **6%**

Trans Fat 0g

**Cholesterol** 5mg    **2%**

**Sodium** 320mg    **14%**

**Total Carbohydrate** 22g    **7%**

Dietary Fiber 1g    **4%**

Sugars 1g

**Protein** 5g

Vitamin A 8%    •    Vitamin C 6%

Calcium 6%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300 mg  |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

**INGREDIENTS:** DOUGH MIX: KING ARTHUR UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), VERMONT CHEDDAR CHEESE (CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), WHEY, DRY BUTTERMILK, SALT, DISODIUM PHOSPHATE), SUN-DRIED TOMATO FLAKES (TOMATOES, SALT), NATURAL FLAVOR, TOMATO POWDER (TOMATOES, SILICON DIOXIDE (LESS THAN 1%)), SEASONING (SALT, SPICES, DEHYDRATED ONION, DEHYDRATED GARLIC). **SEASONING MIX:** VERMONT CHEDDAR CHEESE (CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), WHEY, DRY BUTTERMILK, SALT, DISODIUM PHOSPHATE), KING ARTHUR UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), SEASONING (SALT, SPICES, DEHYDRATED ONION, DEHYDRATED GARLIC), SPICES. **YEAST:** YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID. **CONTAINS:** MILK, WHEAT.

Processed in a facility that also packages products containing eggs, soy, and tree nuts.

KING ARTHUR FLOUR  
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