



## Black Cat Rice Cereal Treat Pops

READY IN



50 min.

SERVINGS



8

CALORIES



500 kcal

DESSERT

### Ingredients

- ☐ 27 crème-filled chocolate sandwich cookies
- ☐ 3 cups kellogg's® cocoa cereal
- ☐ 3 tablespoons butter
- ☐ 10.5 oz marshmallows miniature ( )
- ☐ 8 celery stalks with round ends)
- ☐ 7 oz chocolate icing black
- ☐ 1 serving licorice rounds black cut into 48 (1-inch) pieces

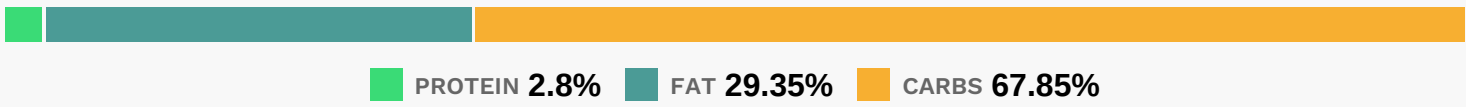
### Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ cookie cutter

## Directions

- ☐ Line 13x9-inch pan with foil, leaving foil overhanging at 2 opposite sides of pan; spray foil with cooking spray. In food processor, place cookies. Cover; process until consistency of fine crumbs. In large bowl, mix cookie crumbs and cereal.
- ☐ In 2-quart saucepan, melt butter over medium heat.
- ☐ Add marshmallows. Cook 3 minutes, stirring constantly, until smooth.
- ☐ Add cereal mixture; stir until blended. Quickly spoon mixture into pan and press evenly. Cool 30 minutes.
- ☐ Use foil to lift from pan.
- ☐ Cut with 4 1/4-inch cat-shaped cookie cutter. Insert craft stick halfway into center of each pop. Cool until firm.
- ☐ Outline cats with black icing.
- ☐ Add 6 licorice pieces to each cat for whiskers.
- ☐ Let stand until set.

## Nutrition Facts



## Properties

Glycemic Index:23.19, Glycemic Load:25.54, Inflammation Score:-5, Nutrition Score:11.688260949176%

## Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 500.26kcal (25.01%), Fat: 16.8g (25.84%), Saturated Fat: 5.88g (36.76%), Carbohydrates: 87.37g (29.12%), Net Carbohydrates: 85.32g (31.03%), Sugar: 58.7g (65.22%), Cholesterol: 11.29mg (3.76%), Sodium: 346.23mg (15.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Iron: 7.29mg (40.5%), Vitamin B2: 0.39mg (23.04%), Folate: 78.61µg (19.65%), Vitamin B3: 3.65mg (18.25%), Vitamin B1: 0.27mg (18.18%), Manganese: 0.33mg (16.58%), Vitamin K: 16.14µg (15.38%), Zinc: 2.22mg (14.79%), Vitamin B6: 0.26mg (13.16%), Vitamin B12: 0.76µg (12.75%), Vitamin E: 1.61mg (10.71%), Copper: 0.19mg (9.64%), Fiber: 2.05g (8.18%), Vitamin A: 399.99IU (8%), Phosphorus: 77.3mg (7.73%), Magnesium: 28.54mg (7.13%), Calcium: 63.18mg (6.32%), Selenium: 3.71µg (5.3%), Potassium: 153.44mg (4.38%), Vitamin C: 3.12mg (3.78%), Vitamin D: 0.5µg (3.33%), Vitamin B5: 0.2mg (2.05%)