



Cat Poop Cookies I

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



145 kcal

DESSERT

Ingredients

- 0.7 cup butter
- 1 eggs
- 2 cups flour all-purpose
- 0.5 cup honey
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1 cup wheat and barley nugget cereal

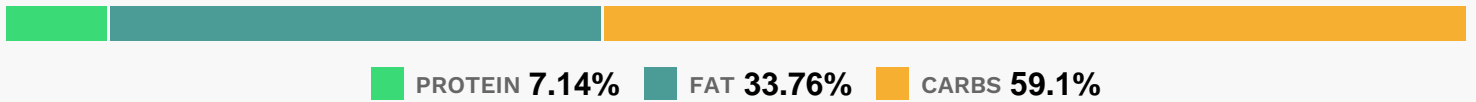
Equipment

- baking sheet
- oven
- microwave

Directions

- Microwave honey on high until bubbly (about 1 minute). Stir in the margarine.
- Add the egg and mix well. Stir in the flour, cocoa and vanilla.
- Mix well and chill dough for several hours in the refrigerator.
- Preheat oven to 350 degrees F (175 degrees C).
- Roll chunks of the chilled dough into cylindrical shapes in order to resemble cat poop.
- Roll cookies in cereal and place on ungreased baking sheet.
- Bake at 350 degrees F (175 degrees C) for 10 to 15 minutes.
- Serve cookies in a new litter box on a bed of malted barley cereal. Use a new litter scoop to remove cookies.

Nutrition Facts



Properties

Glycemic Index:7.39, Glycemic Load:8.79, Inflammation Score:-4, Nutrition Score:8.9356521886328%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 145.34kcal (7.27%), Fat: 5.84g (8.99%), Saturated Fat: 3.46g (21.62%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 20.81g (7.57%), Sugar: 6.94g (7.71%), Cholesterol: 20.38mg (6.79%), Sodium: 100.66mg (4.38%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.78g (5.56%), Vitamin D: 8.42µg (56.16%), Folate: 104.72µg (26.18%), Iron: 3.82mg (21.2%), Vitamin B1: 0.16mg (10.86%), Vitamin B2: 0.16mg (9.31%), Zinc: 1.34mg (8.94%), Fiber: 2.22g (8.86%), Vitamin B3: 1.72mg (8.58%), Manganese: 0.15mg (7.32%), Selenium: 4.47µg (6.39%), Phosphorus: 61.29mg (6.13%), Vitamin B6: 0.12mg (5.83%), Vitamin B12: 0.34µg (5.69%), Vitamin A: 272.31IU (5.45%), Magnesium: 20.13mg (5.03%), Copper: 0.09mg (4.34%), Calcium: 27.81mg (2.78%), Potassium:

82mg (2.34%), Vitamin C: 1.29mg (1.57%), Vitamin E: 0.17mg (1.16%)