

# Cat Poop Cookies III

 Vegetarian  Very Healthy

READY IN



50 min.

SERVINGS



1

CALORIES



5644 kcal

DESSERT

## Ingredients

- 0.7 cup butter
- 1 eggs
- 0.5 cup honey
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 32 ounce wheat chex
- 2 cups flour whole wheat

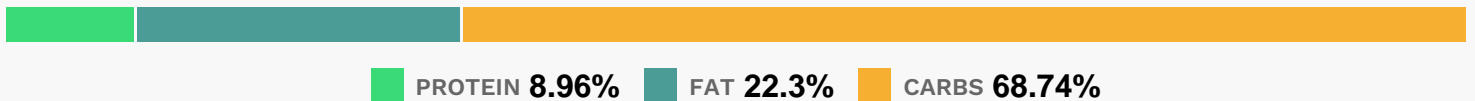
## Equipment

- bowl
- baking sheet
- oven
- microwave

## Directions

- In a medium bowl, heat honey in the microwave until bubbly, about 1 minute. Stir in the butter until melted. Beat in the egg and vanilla.
- Combine the wheat flour and cocoa; stir into the batter until well blended. Cover dough and chill in the freezer for 1 hour or several hours in the refrigerator.
- Preheat oven to 350 degrees F (175 degrees C).
- Roll dough into small logs of random length and shape like poops.
- Roll the poops in the nugget cereal and place them 1 inch apart onto ungreased cookie sheets.
- Bake for 15 to 20 minutes in the preheated oven, until firm.
- Serve in a disposable cat litter box on a bed of nugget cereal, with a cat litter scoop. I hear you get lovely effects by decorating the box and scoop with melted chocolate or pudding

## Nutrition Facts



## Properties

Glycemic Index:102.27, Glycemic Load:72.88, Inflammation Score:-10, Nutrition Score:86.00260875536%

## Flavonoids

Catechin: 18.58mg, Catechin: 18.58mg, Catechin: 18.58mg, Catechin: 18.58mg Epicatechin: 56.31mg, Epicatechin: 56.31mg, Epicatechin: 56.31mg, Epicatechin: 56.31mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

## Nutrients (% of daily need)

Calories: 5644.38kcal (282.22%), Fat: 156.08g (240.12%), Saturated Fat: 82.51g (515.68%), Carbohydrates: 1082.6g (360.87%), Net Carbohydrates: 930.22g (338.26%), Sugar: 237.84g (264.26%), Cholesterol: 489.05mg (163.02%), Sodium: 6264.93mg (272.39%), Alcohol: 1.38g (100%), Alcohol %: 0.11% (100%), Caffeine: 65.93mg (21.98%), Protein: 141.1g (282.2%), Vitamin D: 772.71µg (5151.42%), Folate: 7863.89µg (1965.97%), Iron: 292.08mg (1622.68%),

Zinc: 110.6mg (737.31%), Fiber: 152.38g (609.53%), Vitamin B1: 8.49mg (566.05%), Manganese: 11.02mg (550.89%), Vitamin B3: 109.35mg (546.73%), Vitamin B6: 10.78mg (539.12%), Vitamin B2: 8.99mg (528.76%), Vitamin B12: 29.6µg (493.35%), Phosphorus: 4092.5mg (409.25%), Magnesium: 1255.86mg (313.96%), Vitamin A: 13688.93IU (273.78%), Selenium: 168.8µg (241.14%), Calcium: 2119.45mg (211.94%), Vitamin C: 116.62mg (141.36%), Potassium: 4779.32mg (136.55%), Copper: 2.17mg (108.3%), Vitamin E: 5.71mg (38.04%), Vitamin B5: 2.48mg (24.78%), Vitamin K: 16µg (15.24%)