

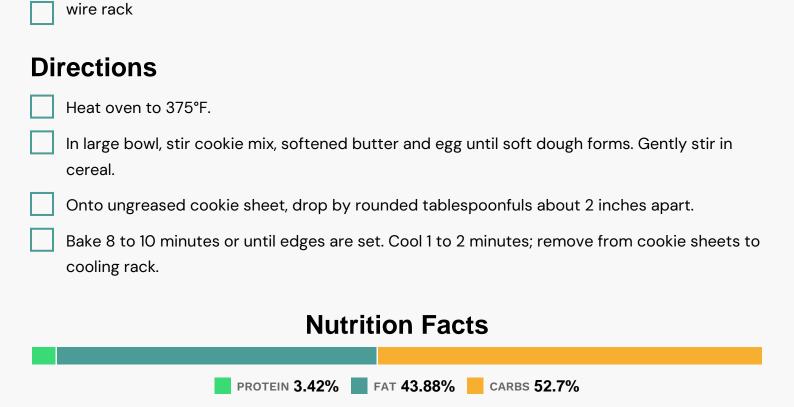


Ingredients

- 17.5 oz basic cookie mix chunk
 - 0.5 cup butter softened
 - 1 eggs
- 1 cup kellogg's® cocoa cereal

Equipment

- bowl
- baking sheet
 - oven



Properties

Glycemic Index:O, Glycemic Load:O, Inflammation Score:-2, Nutrition Score:1.1965217256676%

Nutrients (% of daily need)

Calories: 132.29kcal (6.61%), Fat: 6.31g (9.7%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 16.43g (5.97%), Sugar: 10.3g (11.45%), Cholesterol: 6.82mg (2.27%), Sodium: 77.36mg (3.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Vitamin A: 206.84IU (4.14%), Fiber: 0.61g (2.44%), Vitamin B2: 0.04mg (2.35%), Iron: 0.36mg (1.98%), Vitamin B1: 0.03mg (1.87%), Vitamin B3: 0.36mg (1.8%), Vitamin B12: 0.1µg (1.75%), Folate: 6.46µg (1.61%), Vitamin B6: 0.03mg (1.56%), Zinc: 0.23mg (1.55%), Vitamin E: 0.18mg (1.18%)