



Amazing Buffalo Dip

 **Gluten Free**

READY IN



30 min.

SERVINGS



10

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cheese blue crumbled
- 2 cups meat from a rotisserie chicken diced cooked
- 8 ounce cream cheese softened
- 0.5 cup pepper sauce hot redhot® (such as Frank's)
- 0.3 cup ranch dressing to taste
- 0.5 cup cheese salad dressing blue

Equipment

- slow cooker

Directions

- Stir chicken, cream cheese, blue cheese dressing, hot pepper sauce, crumbled blue cheese, and ranch dressing together in a slow cooker.
- Cook in the slow cooker on High until heated through, about 20 minutes.

Nutrition Facts

 **PROTEIN 19.59%**  **FAT 73.78%**  **CARBS 6.63%**

Properties

Glycemic Index:5.4, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:5.6304347793693%

Nutrients (% of daily need)

Calories: 205.29kcal (10.26%), Fat: 16.79g (25.83%), Saturated Fat: 7.12g (44.5%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.59g (2.88%), Cholesterol: 50.53mg (16.84%), Sodium: 657.74mg (28.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Vitamin K: 15.55µg (14.81%), Selenium: 10.26µg (14.66%), Phosphorus: 118.39mg (11.84%), Vitamin B3: 2.35mg (11.73%), Vitamin C: 9.02mg (10.94%), Vitamin B6: 0.17mg (8.34%), Vitamin B2: 0.13mg (7.89%), Vitamin A: 393.52IU (7.87%), Calcium: 65.17mg (6.52%), Vitamin B5: 0.58mg (5.79%), Zinc: 0.75mg (5%), Vitamin E: 0.62mg (4.11%), Potassium: 142.33mg (4.07%), Vitamin B12: 0.22µg (3.73%), Magnesium: 10.96mg (2.74%), Iron: 0.49mg (2.73%), Vitamin B1: 0.03mg (2.14%), Folate: 6.83µg (1.71%), Copper: 0.03mg (1.47%)