



## BBQ Chicken Dip

 Gluten Free

READY IN



40 min.

SERVINGS



20

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup honey barbecue sauce sweet kraft
- 1 cup chicken breasts shredded cooked
- 1 cup colby & monterey jack cheeses shredded kraft finely
- 8 oz philadelphia cream cheese softened
- 0.3 cup cilantro leaves fresh chopped
- 2 green onions sliced

## Equipment

- bowl

oven

## Directions

- Heat oven to 350F.
- Mix cream cheese and barbecue sauce in medium bowl until blended.
- Add chicken and shredded cheese; mix well.
- Spread onto bottom of shallow ovenproof dish.
- Bake 20 to 25 min. or until hot and bubbly.
- Sprinkle with onions and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:4.55, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:2.2056521527145%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 90.11kcal (4.51%), Fat: 6.53g (10.05%), Saturated Fat: 3.75g (23.46%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.86g (3.18%), Cholesterol: 22.97mg (7.66%), Sodium: 154.65mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Calcium: 60.41mg (6.04%), Phosphorus: 57.71mg (5.77%), Selenium: 3.76µg (5.37%), Vitamin A: 262.24IU (5.24%), Vitamin B2: 0.07mg (3.91%), Vitamin K: 3.65µg (3.48%), Vitamin B3: 0.62mg (3.1%), Zinc: 0.38mg (2.56%), Vitamin B6: 0.05mg (2.33%), Potassium: 60.32mg (1.72%), Vitamin B12: 0.1µg (1.67%), Vitamin B5: 0.16mg (1.6%), Magnesium: 5.43mg (1.36%), Vitamin E: 0.18mg (1.23%), Iron: 0.21mg (1.19%)