



Buffalo Cheese Dip and Pizza Rolls

 Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



100 kcal

Ingredients

- 8 oz cream cheese softened
- 0.7 cup cheese dressing blue
- 1 tablespoons sauce of the chicken from the turbo broiler
- 1 serving spring onion sliced
- 24 pepperoni frozen pizza rolls®

Equipment

- bowl
- microwave

Directions

- In 1 1/2-quart microwavable bowl, mix cream cheese, dressing and wing sauce until smooth.
- Cover; microwave on High 2 to 3 minutes or until hot.
- Sprinkle with green onions.
- Serve dip with hot pizza snacks.

Nutrition Facts

PROTEIN 10.47% **FAT 83.48%** **CARBS 6.05%**

Properties

Glycemic Index:7.25, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:1.6939130342849%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 99.94kcal (5%), Fat: 9.33g (14.36%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.51g (0.55%), Sugar: 1.11g (1.23%), Cholesterol: 23.1mg (7.7%), Sodium: 288.76mg (12.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.27%), Vitamin A: 259.22IU (5.18%), Selenium: 3.01µg (4.29%), Vitamin B2: 0.07mg (3.99%), Phosphorus: 38.02mg (3.8%), Calcium: 31.57mg (3.16%), Vitamin K: 2.4µg (2.28%), Vitamin B12: 0.12µg (2.08%), Vitamin E: 0.24mg (1.6%), Vitamin B5: 0.16mg (1.55%), Zinc: 0.23mg (1.52%), Vitamin B6: 0.03mg (1.4%), Manganese: 0.03mg (1.33%), Vitamin B1: 0.02mg (1.21%), Vitamin B3: 0.23mg (1.13%), Potassium: 37.97mg (1.08%)