

Buffalo Chicken-and-Artichoke Dip

 Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



336 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce artichoke hearts diced quartered canned
- ☐ 0.3 cup bacon bits
- ☐ 20 ounce meat chicken white flaked drained canned
- ☐ 16 ounce cream cheese
- ☐ 0.3 cup hot sauce to taste redhot[®] (such as Frank's)
- ☐ 1 cup ranch dressing
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour

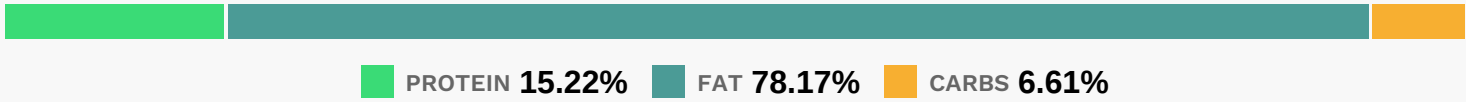
Equipment

☐ sauce pan

Directions

- ☐ Mix cream cheese, artichoke hearts, Cheddar cheese, ranch dressing, sour cream, hot sauce, and bacon bits together in a saucepan over medium heat; cook, stirring frequently, until cheeses are melted, 5 to 10 minutes.
- ☐ Add chicken to cream cheese mixture and cook until heated through, about 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:7.5895652252695%

Nutrients (% of daily need)

Calories: 335.88kcal (16.79%), Fat: 29.13g (44.82%), Saturated Fat: 11.94g (74.6%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 4.74g (1.72%), Sugar: 2.56g (2.85%), Cholesterol: 78.19mg (26.06%), Sodium: 618.43mg (26.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.76g (25.53%), Vitamin K: 21.82µg (20.78%), Phosphorus: 178.34mg (17.83%), Selenium: 11.87µg (16.96%), Calcium: 129.15mg (12.91%), Vitamin A: 639.85IU (12.8%), Vitamin B3: 2.53mg (12.67%), Vitamin B2: 0.2mg (11.67%), Vitamin B6: 0.17mg (8.42%), Zinc: 1.14mg (7.62%), Vitamin E: 1.08mg (7.19%), Vitamin B5: 0.7mg (7.01%), Vitamin B12: 0.38µg (6.41%), Vitamin C: 4.51mg (5.46%), Magnesium: 18.45mg (4.61%), Potassium: 152.68mg (4.36%), Vitamin B1: 0.06mg (4%), Folate: 13.36µg (3.34%), Fiber: 0.8g (3.21%), Iron: 0.47mg (2.63%), Copper: 0.05mg (2.62%), Manganese: 0.02mg (1.06%)