



Buffalo Chicken Appetizer Cupcakes

READY IN



40 min.

SERVINGS



12

CALORIES



211 kcal

Ingredients

- 8 oz approx cream cheese spread
- 2 cups chicken shredded cooked
- 2 tablespoons ranch seasoning dry (from 1-oz package)
- 6 oz yogurt plain fat free
- 0.8 cup hot sauce
- 1 can pizza dough refrigerated thin
- 4 oz mozzarella cheese shredded

Equipment

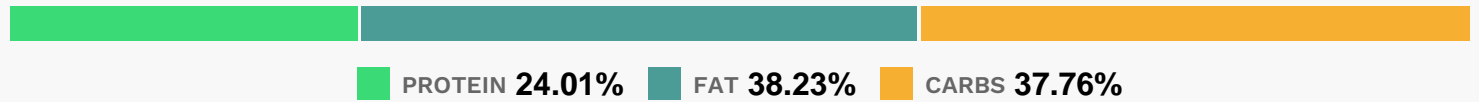
- bowl

- oven
- muffin liners

Directions

- Heat oven to 375F. Spray 12 regular-size muffin cups with cooking spray.
- In large bowl, mix chicken, dressing mix, hot sauce, cream cheese spread and yogurt. Set aside.
- Unroll dough into large rectangle.
- Cut dough into 12 equal squares.
- Place 1 dough square in each muffin cup. Press dough in bottoms and up sides of cups.
- Divide chicken mixture evenly into cups, using about 1 tablespoon in each.
- Sprinkle cheese evenly on top of filling in each cup.
- Bake about 15 minutes or until crusts are golden brown and filling is hot.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:4.7534783268752%

Nutrients (% of daily need)

Calories: 210.88kcal (10.54%), Fat: 8.85g (13.61%), Saturated Fat: 4.57g (28.58%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 19.13g (6.96%), Sugar: 3.98g (4.42%), Cholesterol: 36.97mg (12.32%), Sodium: 994.89mg (43.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.5g (25%), Vitamin C: 11.35mg (13.75%), Selenium: 7.86µg (11.22%), Calcium: 102.61mg (10.26%), Phosphorus: 102.16mg (10.22%), Vitamin B3: 1.9mg (9.52%), Iron: 1.29mg (7.16%), Vitamin B6: 0.13mg (6.51%), Vitamin B2: 0.11mg (6.27%), Vitamin B12: 0.37µg (6.16%), Vitamin A: 278.29IU (5.57%), Zinc: 0.78mg (5.23%), Vitamin B5: 0.35mg (3.47%), Potassium: 118.36mg (3.38%), Magnesium: 10.23mg (2.56%), Fiber: 0.53g (2.13%), Vitamin B1: 0.03mg (1.97%), Folate: 4.43µg (1.11%), Copper: 0.02mg (1.03%)