



## Buffalo Chicken Dip

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup cheese blue crumbled
- 8 servings carrot sticks for serving
- 0.5 cup celery finely chopped
- 8 ounces cream cheese
- 0.5 cup hot sauce (recommended: Frank's)
- 1 rotisserie chicken cut shredded

## Equipment

- sauce pan

oven

## Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F.
- In a medium saucepan over moderate heat, melt the cream cheese until smooth, about 3 minutes.
- Add the celery, hot sauce and chicken and mix well.
- Transfer the mixture to a 9-inch pie plate and sprinkle the crumbled blue cheese on top.
- Bake until hot and bubbly, about 25 minutes.
- Serve with crackers, bread or carrot sticks.
- What Makes This Recipe Really Sing: This has all the great flavors of Buffalo chicken wings without all the fat of the chicken skin and oil. Want to make it lighter? Feel free to use light cream cheese.

## Nutrition Facts

 **PROTEIN 32.41%**  **FAT 57.21%**  **CARBS 10.38%**

## Properties

Glycemic Index:16.6, Glycemic Load:2.59, Inflammation Score:-10, Nutrition Score:10.806521760381%

## Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 325.57kcal (16.28%), Fat: 20.94g (32.22%), Saturated Fat: 10.54g (65.88%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 6.62g (2.41%), Sugar: 4.47g (4.97%), Cholesterol: 113.29mg (37.76%), Sodium: 988.99mg (43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.39%), Vitamin A: 11253.97IU (225.08%), Vitamin C: 15.19mg (18.41%), Calcium: 141.44mg (14.14%), Phosphorus: 121.21mg (12.12%), Vitamin K: 11.66µg (11.1%), Vitamin B2: 0.18mg (10.75%), Potassium: 323.43mg (9.24%), Vitamin B6: 0.16mg (8.02%), Fiber: 1.94g (7.75%), Selenium: 4.97µg (7.11%), Vitamin B5: 0.66mg (6.6%), Folate: 23.96µg (5.99%), Manganese: 0.11mg (5.5%), Zinc: 0.77mg (5.13%), Vitamin E: 0.74mg (4.96%), Vitamin B12: 0.27µg (4.47%), Vitamin B3: 0.89mg (4.43%), Vitamin B1: 0.06mg (4.03%),

Magnesium: 15.56mg (3.89%), Copper: 0.05mg (2.35%), Iron: 0.36mg (2%)