



Buffalo Chicken Dip

READY IN



35 min.

SERVINGS



3

CALORIES



997 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 3 servings round buttery crackers for dipping
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup hot sauce
- ☐ 0.5 cup ranch salad dressing blue
- ☐ 2 ounces mozzarella cheese shredded
- ☐ 19.5 ounce chicken in water drained canned

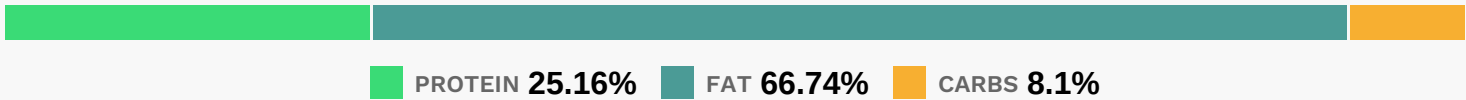
Equipment

☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a (9-inch) deep-dish pie plate add the cream cheese and stir with a fork until smooth.
- ☐ Stir in the dressing, hot sauce and cheeses.
- ☐ Mix in the canned chicken and bake for 20 minutes or until the chicken mixture is hot and bubbling.
- ☐ Stir before serving with crackers, chips, and/or veggies.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.38, Inflammation Score:-8, Nutrition Score:26.223912829938%

Nutrients (% of daily need)

Calories: 996.74kcal (49.84%), Fat: 73.28g (112.73%), Saturated Fat: 29.79g (186.17%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 19.51g (7.09%), Sugar: 6.83g (7.59%), Cholesterol: 210.7mg (70.23%), Sodium: 3061.54mg (133.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.16g (124.33%), Selenium: 49.02µg (70.03%), Vitamin K: 69.36µg (66.06%), Phosphorus: 639.29mg (63.93%), Vitamin B12: 2.78µg (46.37%), Zinc: 6.34mg (42.3%), Vitamin C: 29.92mg (36.27%), Vitamin B2: 0.61mg (35.74%), Calcium: 352.41mg (35.24%), Vitamin A: 1720.89IU (34.42%), Vitamin B3: 5.64mg (28.22%), Vitamin B6: 0.52mg (26.06%), Iron: 3.66mg (20.33%), Vitamin E: 2.83mg (18.84%), Potassium: 555.93mg (15.88%), Magnesium: 57.81mg (14.45%), Vitamin B5: 1.27mg (12.69%), Folate: 35.43µg (8.86%), Vitamin B1: 0.12mg (8.05%), Copper: 0.16mg (7.77%), Manganese: 0.14mg (6.94%), Vitamin D: 0.41µg (2.75%), Fiber: 0.49g (1.95%)