



Buffalo Chicken Dip

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounces cheese blue crumbled
- 1 sticks saltines thick-cut toasted for serving
- 0.3 teaspoon celery seed
- 4 cups chicken whole boneless skinless cooked (from)
- 12 ounces cream cheese cut into large pieces
- 0.5 cup sauce of the chicken from the turbo broiler plus more for serving

Equipment

- sauce pan

oven

Directions

- Heat the oven to 400°F and arrange a rack in the middle.
- Place the cream cheese, hot sauce, and celery seeds in a medium saucepan over medium heat and cook, stirring occasionally, until melted and smooth, about 7 minutes.
- Add 1/2 cup of the blue cheese and stir until melted and smooth.
- Add the chicken and stir to combine.
- Transfer the mixture to a 9-inch pie plate and spread it into an even layer.
- Sprinkle the remaining cup of blue cheese over the dip and bake until it's bubbling around the edges, about 10 to 15 minutes.
- Serve with extra hot sauce and carrot sticks, celery sticks, saltines, potato chips, or bread for dipping.

Nutrition Facts

  
 **PROTEIN 17.21%**  **FAT 78.62%**  **CARBS 4.17%**

Properties

Glycemic Index:6.75, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:6.1991304149446%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg

Nutrients (% of daily need)

Calories: 282.97kcal (14.15%), Fat: 24.84g (38.22%), Saturated Fat: 13.74g (85.86%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.95g (1.07%), Sugar: 1.71g (1.9%), Cholesterol: 79.24mg (26.41%), Sodium: 858.2mg (37.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.47%), Phosphorus: 168.12mg (16.81%), Calcium: 157.62mg (15.76%), Vitamin A: 771.33IU (15.43%), Selenium: 10.67µg (15.24%), Vitamin B2: 0.21mg (12.49%), Vitamin B3: 2.11mg (10.55%), Vitamin B5: 0.86mg (8.57%), Vitamin B6: 0.15mg (7.73%), Zinc: 1.14mg (7.59%), Vitamin B12: 0.44µg (7.29%), Potassium: 162.88mg (4.65%), Magnesium: 14.45mg (3.61%), Vitamin E: 0.5mg (3.35%), Folate: 13.28µg (3.32%), Vitamin B1: 0.03mg (2.22%), Iron: 0.39mg (2.18%), Vitamin K: 1.84µg (1.75%), Copper: 0.03mg (1.51%), Vitamin D: 0.16µg (1.07%)