



Buffalo Chicken Dip

READY IN



15 min.

SERVINGS



32

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cheese dressing blue
- 2 tablespoons sauce of the chicken from the turbo broiler redhot®
- 20 oz chicken chunk drained chopped canned
- 16 oz cream cheese softened
- 1 cup celery stalks finely chopped
- 8 oz available by request from butcher

Equipment

- bowl

microwave

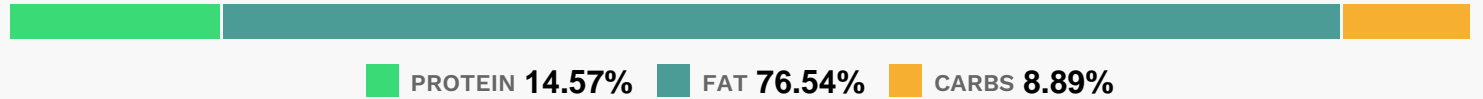
Directions

In large microwavable bowl, mix dressing, sauce, chicken and cream cheese. Cover; microwave on High 2 to 3 minutes or until hot. Stir in celery.

Spoon dip into serving dish.

Serve with chips.

Nutrition Facts



Properties

Glycemic Index:1.84, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:1.604782593639%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 79.89kcal (3.99%), Fat: 6.83g (10.5%), Saturated Fat: 3.46g (21.61%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.91g (1.01%), Cholesterol: 21.06mg (7.02%), Sodium: 177.08mg (7.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.85%), Vitamin A: 228.09IU (4.56%), Selenium: 2.58µg (3.68%), Phosphorus: 34.78mg (3.48%), Vitamin B2: 0.05mg (3.07%), Vitamin B3: 0.61mg (3.03%), Calcium: 28.5mg (2.85%), Potassium: 77.68mg (2.22%), Vitamin B6: 0.04mg (2.08%), Vitamin K: 1.76µg (1.68%), Vitamin B5: 0.17mg (1.66%), Zinc: 0.21mg (1.37%), Vitamin B12: 0.08µg (1.25%), Vitamin E: 0.18mg (1.17%)