

Buffalo Chicken Dip

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



587 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 servings celery stalks
- 3 chicken breast strips/pre-cooked/chopped diced cooked
- 8 oz cream cheese softened
- 12 oz hot sauce hot
- 15 oz salad dressing blue
- 12 oz cheddar cheese shredded
- 9 servings tortilla chips

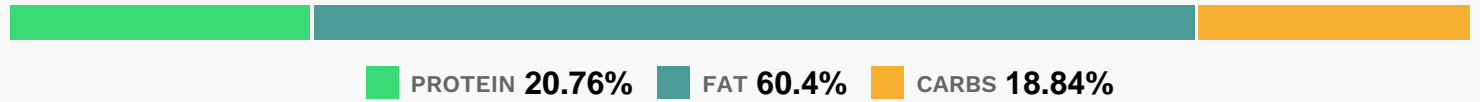
Equipment

- oven
- casserole dish

Directions

- Combine chicken, cream cheese, salad dressing and hot sauce; spread in a lightly greased 3-quart casserole dish.
- Sprinkle with Cheddar cheese.
- Bake at 350 degrees until bubbly and heated through, about 20 minutes.
- Serve with celery sticks and tortilla chips.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:17.800434739693%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 586.88kcal (29.34%), Fat: 39.47g (60.73%), Saturated Fat: 15.13g (94.55%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 26.06g (9.48%), Sugar: 6.88g (7.65%), Cholesterol: 111.98mg (37.33%), Sodium: 1929.62mg (83.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.05%), Selenium: 30.87µg (44.1%), Vitamin B3: 8.3mg (41.5%), Phosphorus: 405.29mg (40.53%), Vitamin C: 28.49mg (34.54%), Calcium: 339.53mg (33.95%), Vitamin K: 35.12µg (33.45%), Vitamin B6: 0.52mg (26.23%), Vitamin B2: 0.34mg (20.07%), Vitamin E: 2.73mg (18.17%), Zinc: 2.55mg (16.99%), Vitamin A: 812.79IU (16.26%), Magnesium: 56.98mg (14.25%), Vitamin B5: 1.23mg (12.29%), Vitamin B12: 0.65µg (10.85%), Potassium: 356.82mg (10.19%), Vitamin B1: 0.12mg (7.96%), Iron: 1.42mg (7.87%), Fiber: 1.64g (6.57%), Folate: 18.49µg (4.62%), Copper: 0.09mg (4.61%), Manganese: 0.05mg (2.52%), Vitamin D: 0.28µg (1.89%)