



WHATSheATE

Buffalo Chicken Dip



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



426 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 4 ounces cream cheese room temperature
- ☐ 0.3 cup sauce red hot (such as Frank's)
- ☐ 0.3 cup mayonnaise
- ☐ 0.8 cup cheddar cheese shredded
- ☐ 1 cup meat from a rotisserie chicken shredded cooked
- ☐ 0.5 cup cup heavy whipping cream sour

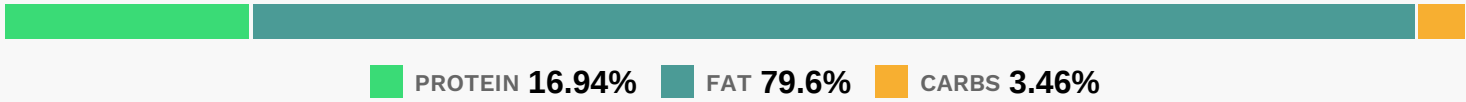
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix everything, pour it into a baking dish and bake in a preheated 350F oven until bubbling and golden brown on top, about 20–30 minutes.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.66, Inflammation Score:-5, Nutrition Score:9.6878261566162%

Nutrients (% of daily need)

Calories: 426.03kcal (21.3%), Fat: 37.75g (58.07%), Saturated Fat: 16.55g (103.42%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 3.69g (1.34%), Sugar: 2.24g (2.49%), Cholesterol: 105.24mg (35.08%), Sodium: 450.59mg (19.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.08g (36.15%), Selenium: 19.65µg (28.08%), Calcium: 256.2mg (25.62%), Phosphorus: 252.02mg (25.2%), Vitamin K: 24.56µg (23.39%), Vitamin B2: 0.29mg (17.25%), Vitamin A: 859.97IU (17.2%), Vitamin B3: 2.91mg (14.54%), Zinc: 1.79mg (11.94%), Vitamin B6: 0.2mg (10.05%), Vitamin B12: 0.57µg (9.48%), Vitamin B5: 0.86mg (8.56%), Vitamin E: 0.99mg (6.62%), Potassium: 194.22mg (5.55%), Magnesium: 20.58mg (5.14%), Folate: 14.21µg (3.55%), Iron: 0.56mg (3.13%), Vitamin B1: 0.04mg (2.93%), Copper: 0.04mg (2.16%), Vitamin D: 0.2µg (1.32%)