



## Buffalo Chicken Pizza Dip

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup sauce of the chicken from the turbo broiler
- 1 sticks tortilla chips
- 4 oz cream cheese softened
- 1 cup milk
- 1 box pizza cheese
- 2 cups rotisserie chicken cut shredded
- 3 oz mozzarella cheese shredded
- 1.5 cups water hot

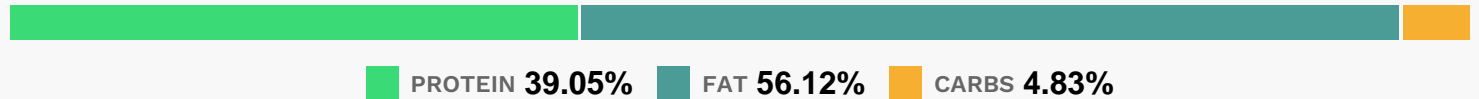
## Equipment

- frying pan
- oven

## Directions

- Heat oven to 350F. Spray 9-inch glass pie plate with cooking spray. Set aside.
- In 10-inch skillet, heat sauce mix and uncooked pasta (from Hamburger Helper box), and milk and hot water to boiling, stirring occasionally. Reduce heat. Cover; simmer about 16 minutes, stirring occasionally, until pasta is tender.
- Remove from heat. Stir in cream cheese and Buffalo wing sauce until completely combined. Stir in chicken.
- Transfer mixture to pie plate. Top with cheese.
- Bake about 10 minutes or until cheese is melted and filling is slightly bubbly.
- Serve with celery sticks and tortilla chips for dipping.

## Nutrition Facts



## Properties

Glycemic Index:15.33, Glycemic Load:1.09, Inflammation Score:-2, Nutrition Score:3.6417391627379%

## Nutrients (% of daily need)

Calories: 279.5kcal (13.98%), Fat: 17.49g (26.91%), Saturated Fat: 8.16g (51.01%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 3.38g (1.23%), Sugar: 2.83g (3.14%), Cholesterol: 110.91mg (36.97%), Sodium: 1054.35mg (45.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.38g (54.76%), Calcium: 142.22mg (14.22%), Phosphorus: 111.85mg (11.18%), Vitamin B12: 0.58µg (9.74%), Vitamin A: 415.53IU (8.31%), Vitamin B2: 0.14mg (8.22%), Selenium: 4.82µg (6.88%), Zinc: 0.68mg (4.56%), Vitamin D: 0.5µg (3.36%), Vitamin B5: 0.28mg (2.81%), Potassium: 97.02mg (2.77%), Magnesium: 10.15mg (2.54%), Vitamin B1: 0.03mg (2.11%), Vitamin B6: 0.04mg (2.05%), Vitamin E: 0.22mg (1.44%)