

Buffalo Ranch Chicken Dip

 **19%**
HEALTH SCORE

Buffalo Ranch Chicken Dip

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



7

CALORIES



799 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 chicken breast boneless
- 16 oz cream cheese
- 0.5 cup spring onion chopped
- 12 oz all the tabasco sauce you handle (or Tabasco Sauce if preferred)
- 7 servings poultry seasoning
- 16 oz ranch dressing
- 8 oz sharp cheddar cheese shredded

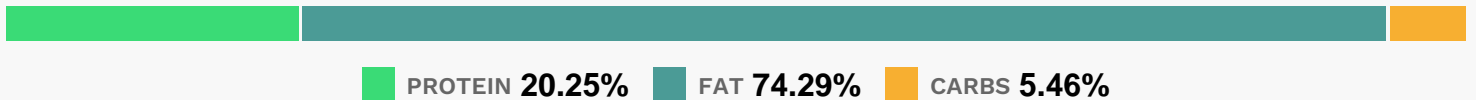
Equipment

- sauce pan
- oven
- grill
- glass baking pan

Directions

- Take your chicken breasts and give them a light coat of the Poultry Magic seasoning, and then coat them with Pam cooking spray. (The Pam keeps the chicken from drying out while cooking.) Grill your chicken breasts and then allow to cool slightly. Preheat your oven to 350 degrees. Shred your chicken and then combine in a 13 x 9 inch glass baking dish with your Louisiana Hot Sauce.
- Place your cream cheese and dressing into a sauce pan over medium heat until the texture is smooth.
- Pour this mixture over your chicken and hot sauce mixture in the dish. Top with cheddar cheese and green onions.
- Bake un-covered for 30 minutes until bubbly.
- Let stand until slightly cooled, and then serve with tortilla chips of our choice!

Nutrition Facts



Properties

Glycemic Index:12.29, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:29.453913043478%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Taste

Sweetness: 19.12%, Saltiness: 100%, Sourness: 28.91%, Bitterness: 21.36%, Savoriness: 59.21%, Fattiness: 89.63%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 798.62kcal (39.93%), Fat: 65.83g (101.28%), Saturated Fat: 24.65g (154.04%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 10.32g (3.75%), Sugar: 6.42g (7.14%), Cholesterol: 197.35mg (65.78%), Sodium: 2435.16mg (105.88%), Protein: 40.38g (80.75%), Vitamin K: 121.29µg (115.51%), Selenium: 58.52µg (83.6%), Vitamin B3: 13.8mg (69%), Phosphorus: 620.86mg (62.09%), Vitamin B6: 1.15mg (57.62%), Vitamin C: 39.48mg (47.86%), Calcium: 345.47mg (34.55%), Vitamin B2: 0.53mg (30.99%), Vitamin A: 1460.84IU (29.22%), Vitamin B5: 2.92mg (29.19%), Potassium: 733.16mg (20.95%), Vitamin E: 2.61mg (17.39%), Zinc: 2.52mg (16.78%), Magnesium: 59.74mg (14.93%), Vitamin B12: 0.85µg (14.24%), Manganese: 0.23mg (11.47%), Iron: 1.84mg (10.22%), Vitamin B1: 0.14mg (9.56%), Folate: 30.64µg (7.66%), Copper: 0.11mg (5.3%), Vitamin D: 0.39µg (2.59%), Fiber: 0.56g (2.23%)