



Cheesy Buffalo Chicken Dip

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup cheese dressing blue
- 1 stalk celery diced finely
- 2 chicken breast halves bone-in
- 8 ounce cream cheese reduced-fat
- 1 teaspoon olive oil
- 0.3 cup pepper sauce hot redhot® (such as Frank's)
- 0.8 cup ranch dressing
- 1 cup cheddar cheese shredded

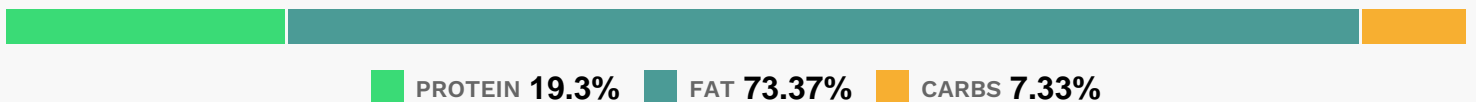
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Place chicken breasts in a large saucepan; cover with water. Boil until cooked through, about 20 minutes.
- Remove from water, and cool. Pull meat from bones and skin. Shred meat and reserve.
- Preheat oven to 350 degrees F (175 degrees C).
- Heat olive oil in large skillet. Stir in celery; cook until soft.
- Mix in the cream cheese, blue cheese dressing, and ranch dressing. Cook and stir until smooth and creamy. Stir in the shredded chicken and hot sauce. Spoon mixture into an 8x8 baking dish.
- Sprinkle with the shredded cheese.
- Bake in preheated oven until golden and bubbly, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:8.9917392186497%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 272.53kcal (13.63%), Fat: 22.08g (33.97%), Saturated Fat: 7.69g (48.04%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.86g (1.77%), Sugar: 3.59g (3.99%), Cholesterol: 53.59mg (17.86%), Sodium: 913.63mg

(39.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.14%), Vitamin K: 34.1µg (32.48%), Phosphorus: 230.32mg (23.03%), Selenium: 15.35µg (21.92%), Calcium: 172.78mg (17.28%), Vitamin B3: 3.05mg (15.27%), Vitamin B6: 0.26mg (13.24%), Vitamin B2: 0.2mg (11.56%), Vitamin C: 8.04mg (9.75%), Vitamin B12: 0.56µg (9.3%), Vitamin B5: 0.9mg (9.03%), Vitamin A: 354.39IU (7.09%), Potassium: 228.38mg (6.53%), Zinc: 0.96mg (6.38%), Vitamin E: 0.89mg (5.94%), Magnesium: 17.21mg (4.3%), Folate: 13.47µg (3.37%), Vitamin B1: 0.05mg (3.08%), Iron: 0.42mg (2.32%), Copper: 0.03mg (1.62%), Vitamin D: 0.22µg (1.47%), Manganese: 0.03mg (1.41%)