



WHATSheATE



Chef John's Buffalo Chicken Dip



Gluten Free



Popular

READY IN



30 min.

SERVINGS

servings

8

CALORIES



419 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.5 cup cheese dressing blue
- ☐ 1 pinch cayenne pepper to taste
- ☐ 16 ounce cream cheese softened
- ☐ 2 tablespoons pepper jack cheese shredded
- ☐ 0.8 cup pepper sauce hot redhot® (such as Frank's)
- ☐ 3 cups rotisserie chicken cut diced cooked
- ☐ 0.5 teaspoon seafood seasoning old bay® (such as)

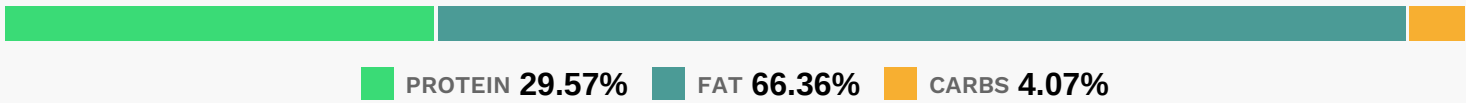
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Combine chicken, cream cheese, hot pepper sauce, 1/2 cup pepper Jack cheese, blue cheese dressing, crumbled blue cheese, seafood seasoning, and cayenne pepper in a large bowl.
- ☐ Transfer chicken mixture to a 9-inch round baking dish and sprinkle with 2 tablespoons pepper Jack cheese.
- ☐ Bake until lightly browned, 15 to 20 minutes.
- ☐ Remove from oven and garnish with cayenne pepper.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:5.5886955973895%

Nutrients (% of daily need)

Calories: 418.86kcal (20.94%), Fat: 31.13g (47.89%), Saturated Fat: 15.85g (99.03%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 4.2g (1.53%), Sugar: 2.92g (3.25%), Cholesterol: 151.14mg (50.38%), Sodium: 1336.42mg (58.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.21g (62.42%), Vitamin C: 16.9mg (20.49%), Vitamin A: 890.47IU (17.81%), Calcium: 134.89mg (13.49%), Vitamin B2: 0.21mg (12.15%), Phosphorus: 119.86mg (11.99%), Selenium: 6.72µg (9.6%), Vitamin B5: 0.5mg (4.99%), Vitamin B12: 0.28µg (4.73%), Vitamin B6: 0.09mg (4.4%), Zinc: 0.65mg (4.33%), Vitamin E: 0.59mg (3.91%), Potassium: 132.74mg (3.79%), Vitamin K: 3.84µg (3.66%), Folate: 10.59µg (2.65%), Magnesium: 10.21mg (2.55%), Iron: 0.34mg (1.87%), Vitamin B1: 0.03mg (1.83%), Manganese: 0.03mg (1.36%), Copper: 0.02mg (1.17%), Vitamin B3: 0.21mg (1.05%)