

Chicken Wing Dip

 Gluten Free

READY IN



40 min.

SERVINGS



16

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups meat from a rotisserie chicken diced cooked
- 16 ounce cream cheese softened
- 0.8 cup pepper sauce red hot® (such as Frank's)
- 1 cup salad dressing ranch-style
- 1 cup cheddar cheese shredded

Equipment

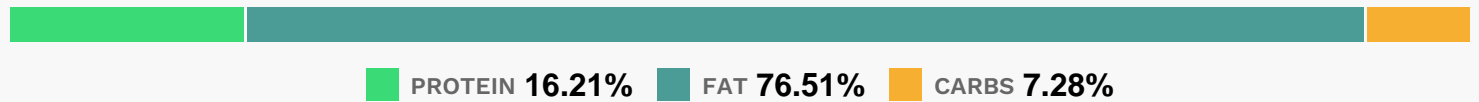
- bowl
- paper towels

- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a medium bowl, stir together the cream cheese and hot pepper sauce until well blended.
- Mix in the Ranch dressing, chicken and Cheddar cheese.
- Spread into a 9x13 inch baking dish.
- Bake for 30 minutes in the preheated oven. If oil collects on the top, dab it off using a paper towel.
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:4.118695685721%

Nutrients (% of daily need)

Calories: 192.51kcal (9.63%), Fat: 16.41g (25.25%), Saturated Fat: 7.83g (48.95%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 3.51g (1.28%), Sugar: 2.68g (2.97%), Cholesterol: 48.82mg (16.27%), Sodium: 639.1mg (27.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.65%), Selenium: 9.04µg (12.91%), Phosphorus: 98.48mg (9.85%), Vitamin A: 463.96IU (9.28%), Vitamin K: 8.99µg (8.56%), Calcium: 81.44mg (8.14%), Vitamin B2: 0.12mg (7.18%), Vitamin B3: 1.43mg (7.14%), Vitamin B6: 0.1mg (5.09%), Zinc: 0.68mg (4.51%), Vitamin E: 0.62mg (4.12%), Vitamin B5: 0.36mg (3.61%), Vitamin B12: 0.19µg (3.13%), Potassium: 95.27mg (2.72%), Magnesium: 8.87mg (2.22%), Iron: 0.29mg (1.62%), Vitamin B1: 0.02mg (1.49%), Folate: 4.91µg (1.23%), Copper: 0.02mg (1.01%)