



Easy Cheesy Buffalo Chicken Dip

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup roka cheese dressing blue kraft
- 0.5 cup buffalo wing sauce
- 2 stalks celery finely chopped
- 1.5 cups meat from a rotisserie chicken cooked finely chopped
- 8 oz philadelphia cream cheese cubed

Equipment

- bowl
- microwave

Directions

- Combine ingredients in microwaveable bowl.
- Microwave on HIGH 5 min. or until cream cheese is melted and dip is heated through, stirring after 3 min.

Nutrition Facts

PROTEIN 22.99% **FAT 71.22%** **CARBS 5.79%**

Properties

Glycemic Index:3.93, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:2.1804347653752%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 85.13kcal (4.26%), Fat: 6.73g (10.35%), Saturated Fat: 3.52g (22%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 1.14g (0.42%), Sugar: 0.87g (0.97%), Cholesterol: 25.85mg (8.62%), Sodium: 384.21mg (16.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.77%), Selenium: 4.9µg (6.99%), Vitamin B3: 1.14mg (5.69%), Phosphorus: 51.12mg (5.11%), Vitamin A: 232.99IU (4.66%), Vitamin B2: 0.07mg (3.92%), Vitamin B6: 0.07mg (3.57%), Calcium: 25.75mg (2.57%), Vitamin B5: 0.24mg (2.35%), Vitamin K: 2.32µg (2.21%), Zinc: 0.32mg (2.1%), Potassium: 66.29mg (1.89%), Vitamin B12: 0.09µg (1.54%), Magnesium: 5.46mg (1.36%), Iron: 0.24mg (1.32%), Vitamin E: 0.16mg (1.1%), Folate: 4.23µg (1.06%)