



## Five-Star Buffalo Chicken Dip

 Popular

READY IN



45 min.

SERVINGS



5

CALORIES



1096 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 ounce chicken-flavored crackers
- 20 ounce meat from a rotisserie chicken chunk drained canned
- 1 bunch celery cleaned cut into 4 inch pieces
- 16 ounce cream cheese softened
- 0.8 cup pepper sauce red hot® (such as Frank's )
- 1 cup ranch dressing
- 1.5 cups cheddar cheese shredded

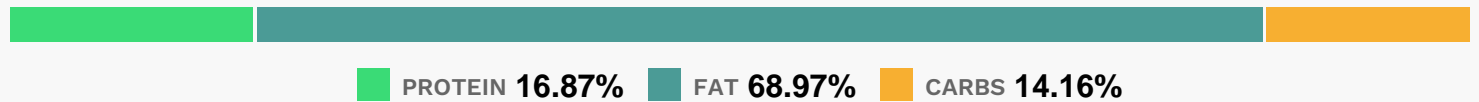
### Equipment

- frying pan
- slow cooker

## Directions

- Heat chicken and hot sauce in a skillet over medium heat, until heated through. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm.
- Mix in half of the shredded cheese, and transfer the mixture to a slow cooker.
- Sprinkle the remaining cheese over the top, cover, and cook on Low setting until hot and bubbly.
- Serve with celery sticks and crackers.

## Nutrition Facts



## Properties

Glycemic Index:17.2, Glycemic Load:1.61, Inflammation Score:-8, Nutrition Score:25.227391369965%

## Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 1096.3kcal (54.82%), Fat: 83.82g (128.95%), Saturated Fat: 33.2g (207.51%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 37.56g (13.66%), Sugar: 9.57g (10.64%), Cholesterol: 194.7mg (64.9%), Sodium: 2995.85mg (130.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.14g (92.27%), Vitamin K: 94.67µg (90.16%), Phosphorus: 640.86mg (64.09%), Selenium: 42.06µg (60.08%), Calcium: 430.04mg (43%), Vitamin B2: 0.64mg (37.53%), Vitamin A: 1812.9IU (36.26%), Zinc: 4.9mg (32.68%), Vitamin B12: 1.77µg (29.58%), Vitamin E: 4.07mg (27.12%), Vitamin B3: 5.09mg (25.43%), Iron: 3.82mg (21.2%), Vitamin B6: 0.34mg (16.86%), Vitamin B1: 0.24mg (16%), Manganese: 0.29mg (14.34%), Folate: 55.01µg (13.75%), Magnesium: 50.76mg (12.69%), Vitamin B5: 1.23mg (12.28%), Potassium: 424.85mg (12.14%), Copper: 0.15mg (7.62%), Fiber: 1.17g (4.69%), Vitamin D: 0.36µg (2.43%)