



Frank's® Red Hot® Buffalo Chicken Dip



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



571 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup frank's® buffalo wing sauce redhot®
- ☐ 25 ounce premium chicken breast in water chunk drained swanson® canned
- ☐ 8 ounce cream cheese softened
- ☐ 0.5 cup mozzarella cheese shredded blue crumbled
- ☐ 4 servings vegetables fresh assorted
- ☐ 0.5 cup cheese salad dressing blue

Equipment

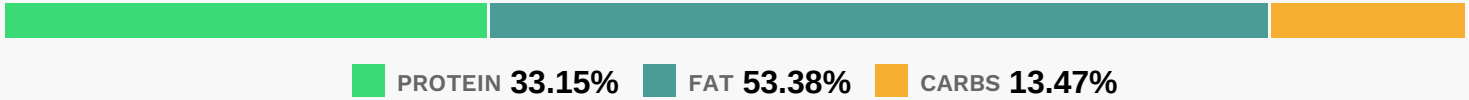
- ☐ oven

☐ whisk

Directions

- ☐ Heat the oven to 350 degrees F.
- ☐ Stir the cream cheese in a 9-inch deep dish pie plate with a fork or whisk until it's smooth. Stir in the dressing, pepper sauce and blue cheese. Stir in the chicken.
- ☐ Bake for 20 minutes or until the chicken mixture is hot and bubbly. Stir before serving.
- ☐ Serve with the vegetables and crackers for dipping.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:4.8, Inflammation Score:-10, Nutrition Score:29.523043787998%

Nutrients (% of daily need)

Calories: 571.18kcal (28.56%), Fat: 33.89g (52.14%), Saturated Fat: 15.25g (95.34%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 15.6g (5.67%), Sugar: 5.45g (6.05%), Cholesterol: 181.72mg (60.57%), Sodium: 1725.61mg (75.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.36g (94.72%), Vitamin A: 5540.82IU (110.82%), Vitamin B3: 19.72mg (98.62%), Selenium: 64.91µg (92.72%), Vitamin B6: 1.47mg (73.51%), Phosphorus: 540.41mg (54.04%), Vitamin B5: 3.02mg (30.16%), Potassium: 958.66mg (27.39%), Vitamin B2: 0.42mg (24.97%), Magnesium: 77.28mg (19.32%), Vitamin K: 18.32µg (17.44%), Vitamin B1: 0.25mg (16.5%), Calcium: 161.13mg (16.11%), Fiber: 3.64g (14.56%), Zinc: 2.15mg (14.33%), Vitamin C: 11.71mg (14.19%), Manganese: 0.27mg (13.41%), Vitamin B12: 0.8µg (13.31%), Vitamin E: 1.49mg (9.96%), Folate: 39.56µg (9.89%), Iron: 1.72mg (9.56%), Copper: 0.15mg (7.49%), Vitamin D: 0.23µg (1.55%)