



Healthier Buffalo Chicken Dip

READY IN



45 min.

SERVINGS



5

CALORIES



805 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunch celery cleaned cut into 4 inch pieces
- ☐ 20 ounce natural chicken chunk drained canned
- ☐ 1 cup cheddar cheese shredded divided reduced-fat
- ☐ 8 ounces multi-grain crackers
- ☐ 16 ounce neufchâtel cheese softened
- ☐ 0.8 cup pepper sauce hot redhot® (such as Frank's)
- ☐ 1 cup ranch dressing light

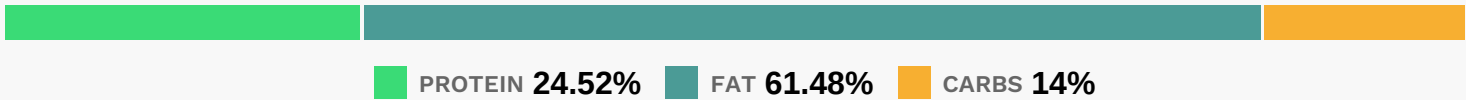
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat chicken and hot pepper sauce in a skillet over medium heat, until heated through, about 5 minutes. Stir in Neufchatel cheese and ranch dressing. Cook and stir until well blended and warm, 5 to 7 minutes.
- ☐ Mix in half of the shredded Cheddar cheese, then transfer mixture to a slow cooker.
- ☐ Sprinkle remaining Cheddar cheese over top, cover, and cook on Low until hot and bubbly, about 30 minutes.
- ☐ Serve with celery sticks and crackers.

Nutrition Facts



Properties

Glycemic Index:25.74, Glycemic Load:12.64, Inflammation Score:-8, Nutrition Score:25.591739094776%

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: 805.09kcal (40.25%), Fat: 54.55g (83.92%), Saturated Fat: 18.83g (117.69%), Carbohydrates: 27.96g (9.32%), Net Carbohydrates: 25g (9.09%), Sugar: 7.82g (8.69%), Cholesterol: 141.06mg (47.02%), Sodium: 2582.37mg (112.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.95g (97.89%), Vitamin K: 75.35µg (71.76%), Phosphorus: 599.4mg (59.94%), Selenium: 40.28µg (57.54%), Manganese: 1.03mg (51.29%), Vitamin C: 27.18mg (32.94%), Zinc: 4.92mg (32.8%), Calcium: 309.26mg (30.93%), Vitamin B2: 0.46mg (26.77%), Vitamin B12: 1.6µg (26.64%), Vitamin B3: 5.08mg (25.38%), Vitamin A: 1124.28IU (22.49%), Vitamin B6: 0.44mg (21.88%), Magnesium: 74.24mg (18.56%), Iron: 3.18mg (17.67%), Potassium: 543.07mg (15.52%), Vitamin B1: 0.22mg (14.79%), Vitamin E: 2.11mg (14.1%), Vitamin B5: 1.32mg (13.16%), Fiber: 2.96g (11.83%), Folate: 43.47µg (10.87%), Copper: 0.21mg (10.52%), Vitamin D: 0.18µg (1.23%)