



Healthified Buffalo Chicken Dip

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup sauce of the chicken from the turbo broiler
- 1.5 cups chicken shredded cooked
- 2 tablespoons spring onion chopped (2 medium)
- 4 oz cheddar cheese shredded reduced-fat
- 2 tablespoons water

Equipment

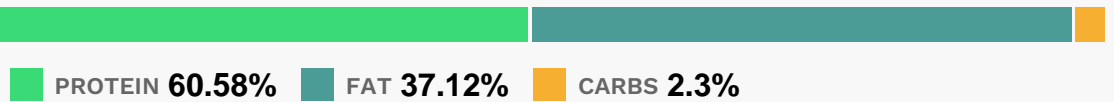
- bowl
- oven

- baking pan
- hand mixer
- aluminum foil

Directions

- Heat oven to 350°F. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Beat in dressing, buffalo wing sauce and water until blended. Stir in chicken and cheese.
- Spread in ungreased 1-quart baking dish or 9-inch pie plate; cover with foil.
- Bake 30 to 35 minutes or until hot and bubbly. Stir; top with onions.
- Serve hot with crackers or celery sticks.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.1813043237704%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 45.89kcal (2.29%), Fat: 1.82g (2.81%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.07g (0.08%), Cholesterol: 15.11mg (5.04%), Sodium: 275.64mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.39%), Selenium: 5.68µg (8.12%), Phosphorus: 79.71mg (7.97%), Vitamin B3: 1.39mg (6.95%), Calcium: 42.11mg (4.21%), Vitamin B6: 0.08mg (3.83%), Zinc: 0.44mg (2.95%), Vitamin B2: 0.05mg (2.79%), Vitamin K: 2.13µg (2.03%), Vitamin B5: 0.19mg (1.88%), Vitamin B12: 0.1µg (1.62%), Iron: 0.27mg (1.48%), Potassium: 49.07mg (1.4%), Magnesium: 5.41mg (1.35%)