



Hot Buffalo Chicken Dip

READY IN



55 min.

SERVINGS



12

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups chicken shredded cooked
- 4 oz mozzarella cheese shredded
- 0.8 cup sauce of the chicken from the turbo broiler
- 2 tablespoons ranch seasoning dry (from 1-oz package)
- 8 oz approx cream cheese spread
- 6 oz yogurt plain fat free
- 1 serving pita chips
- 1 serving pretzels
- 1 serving celery

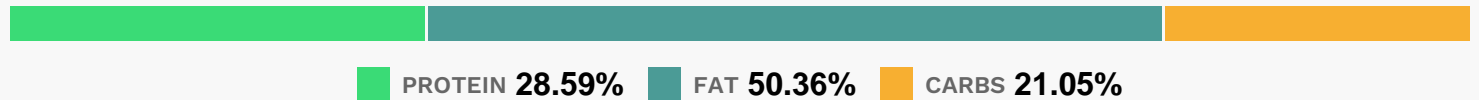
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven to 350°F. Spray 9-inch square pan or baking dish with cooking spray.
- In large bowl, mix dip ingredients; spread in pan.
- Bake 35 to 40 minutes or until bubbly.
- Serve with chips, pretzels and/or celery.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:1.69, Inflammation Score:-3, Nutrition Score:4.6239130471064%

Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 150.62kcal (7.53%), Fat: 8.22g (12.65%), Saturated Fat: 4.36g (27.25%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 7.41g (2.7%), Sugar: 2.06g (2.29%), Cholesterol: 36.97mg (12.32%), Sodium: 881.02mg (38.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (21.01%), Selenium: 8.78µg (12.54%), Vitamin B3: 2.19mg (10.96%), Phosphorus: 108.8mg (10.88%), Calcium: 106.15mg (10.61%), Vitamin B2: 0.11mg (6.76%), Vitamin B12: 0.37µg (6.16%), Vitamin A: 295.15IU (5.9%), Vitamin B6: 0.12mg (5.89%), Zinc: 0.83mg (5.52%), Vitamin B5: 0.37mg (3.74%), Potassium: 129.18mg (3.69%), Folate: 14.5µg (3.63%), Vitamin B1: 0.05mg (3.31%), Iron: 0.58mg (3.2%), Magnesium: 12.08mg (3.02%), Vitamin K: 3.03µg (2.89%), Manganese: 0.06mg (2.78%), Vitamin E: 0.22mg (1.44%), Copper: 0.03mg (1.34%), Fiber: 0.32g (1.28%)