



Hot Buffalo Dip

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup sauce of the chicken from the turbo broiler hot
- ☐ 10 servings celery stalks
- ☐ 16 oz cream cheese cubed softened
- ☐ 0.3 cup salad dressing blue
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 3 chicken breast boneless skinless cooked chopped

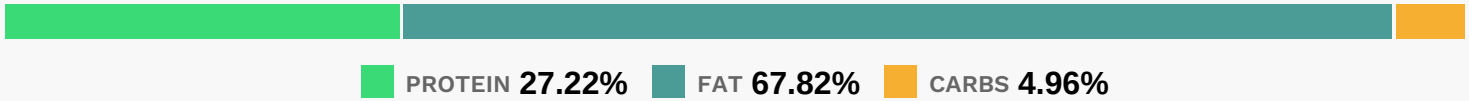
Equipment

- ☐ slow cooker

Directions

- ☐ In a slow cooker, mix together all ingredients except corn chips and celery stalks. Cover and cook on low setting for 3 to 4 hours.
- ☐ Serve with corn chips and celery stalks for dipping.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:9.4369566568538%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 273.34kcal (13.67%), Fat: 20.52g (31.57%), Saturated Fat: 10.81g (67.53%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 3.37g (1.22%), Sugar: 2.37g (2.64%), Cholesterol: 94.85mg (31.62%), Sodium: 1053.01mg (45.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.53g (37.06%), Selenium: 27.32µg (39.02%), Vitamin B3: 7.13mg (35.63%), Vitamin B6: 0.54mg (27.08%), Phosphorus: 217.91mg (21.79%), Vitamin A: 692.73IU (13.85%), Vitamin B5: 1.25mg (12.5%), Vitamin B2: 0.2mg (11.62%), Potassium: 322.62mg (9.22%), Calcium: 88.5mg (8.85%), Magnesium: 23.64mg (5.91%), Zinc: 0.83mg (5.55%), Vitamin B12: 0.3µg (4.92%), Vitamin E: 0.69mg (4.62%), Vitamin K: 4.81µg (4.58%), Vitamin B1: 0.06mg (3.79%), Folate: 8.34µg (2.09%), Iron: 0.33mg (1.82%), Copper: 0.03mg (1.49%), Vitamin C: 0.87mg (1.05%)