



Hot Chicken Dip

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12.5 oz premium chicken breast in water white chunk flaked drained canned
- 16 oz cream cheese softened
- 10.8 oz cream of chicken soup canned
- 1 tablespoon pickled jalapeño pepper juice from jar
- 0.3 cup pickled jalapeño peppers jarred sliced coarsely chopped
- 1 scoops tortilla chips

Equipment

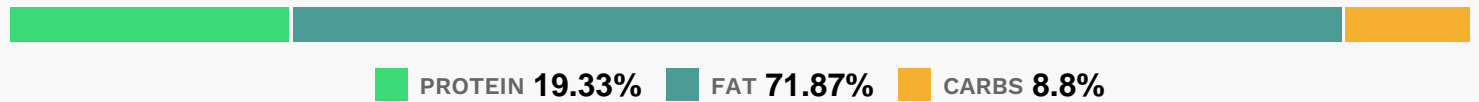
- bowl

- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 35
- Place cream cheese and soup in a large bowl; beat at medium speed with an electric mixer until smooth and fluffy. Stir in chicken, pickled sliced jalapeo peppers, and pickled jalapeo pepper juice from jar. Spoon into a lightly greased 8-inch baking dish.
- Bake 25 to 30 minutes or until top is browned and bubbly.
- Serve with corn chip scoops or tortilla chips.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:6.6373912089545%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 228.36kcal (11.42%), Fat: 18.32g (28.18%), Saturated Fat: 9.89g (61.8%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.91g (1.79%), Sugar: 2.06g (2.28%), Cholesterol: 70.93mg (23.64%), Sodium: 397.94mg (17.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.09g (22.17%), Selenium: 15.84µg (22.63%), Vitamin B3: 3.92mg (19.58%), Vitamin B6: 0.31mg (15.49%), Vitamin A: 723.78IU (14.48%), Phosphorus: 133.79mg (13.38%), Vitamin B2: 0.16mg (9.24%), Vitamin B5: 0.84mg (8.37%), Vitamin C: 5.79mg (7.02%), Potassium: 217.27mg (6.21%), Vitamin E: 0.79mg (5.24%), Calcium: 50.68mg (5.07%), Magnesium: 15.27mg (3.82%), Zinc: 0.53mg (3.52%), Vitamin K: 3.13µg (2.98%), Copper: 0.06mg (2.95%), Iron: 0.52mg (2.87%), Vitamin B12: 0.17µg (2.84%), Vitamin B1: 0.04mg (2.6%), Folate: 7.34µg (1.83%), Manganese: 0.04mg (1.77%)