

Hot Wing Dip

 Gluten Free

READY IN



35 min.

SERVINGS



16

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce cheese blue crumbled
- ☐ 2 chicken breasts shredded cooked
- ☐ 8 ounce cream cheese softened
- ☐ 6 ounces pepper sauce red hot crystal® hot® such as or Frank's
- ☐ 1 cup cheddar cheese shredded

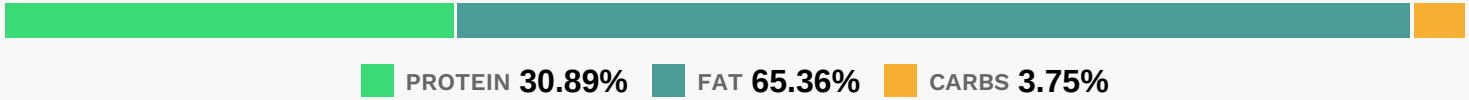
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir chicken, cream cheese, Cheddar cheese, hot pepper sauce, and blue cheese together in a baking dish.
- ☐ Bake until cheeses are melted, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:5.06, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:5.0204348071762%

Nutrients (% of daily need)

Calories: 140.09kcal (7%), Fat: 10.12g (15.57%), Saturated Fat: 5.77g (36.05%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.27g (0.46%), Sugar: 0.73g (0.81%), Cholesterol: 44.97mg (14.99%), Sodium: 469.09mg (20.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.52%), Vitamin B3: 3.06mg (15.32%), Selenium: 10.18µg (14.54%), Phosphorus: 125.13mg (12.51%), Calcium: 105.18mg (10.52%), Vitamin C: 7.95mg (9.64%), Vitamin B6: 0.17mg (8.51%), Vitamin B2: 0.12mg (7.3%), Vitamin A: 336.95IU (6.74%), Zinc: 0.75mg (4.97%), Vitamin B5: 0.45mg (4.52%), Vitamin B12: 0.27µg (4.43%), Potassium: 112.64mg (3.22%), Magnesium: 11.58mg (2.89%), Iron: 0.32mg (1.8%), Vitamin E: 0.26mg (1.76%), Vitamin B1: 0.03mg (1.75%), Folate: 6.81µg (1.7%), Copper: 0.02mg (1.06%)