



Kickin' Buffalo Cheese Bites

READY IN



11 min.

SERVINGS



11

CALORIES



74 kcal

SIDE DISH

Ingredients

- 2 Tbsp roka cheese dressing blue kraft
- 2 Tbsp buffalo wing sauce
- 3 oz colby & monterey jack cheese cut into 12 slices kraft
- 0.5 cup chicken breast cooked finely chopped
- 24 ritz crackers

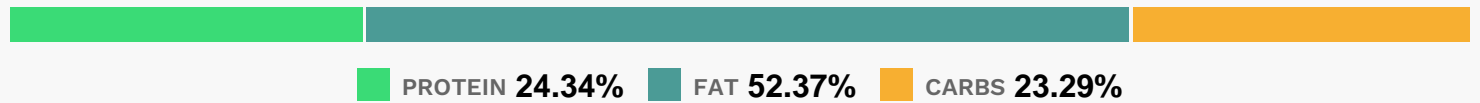
Equipment

- microwave

Directions

- Cut cheese slices diagonally in half. Toss chicken with sauce. Top crackers with cheese and chicken mixture; place 6 on microwaveable plate.
- Microwave on HIGH 10 to 15 sec. or until cheese begins to melt. Repeat with remaining topped crackers.
- Drizzle with dressing.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:2.45, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.3400000195302%

Nutrients (% of daily need)

Calories: 74.24kcal (3.71%), Fat: 4.29g (6.59%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 4.14g (1.5%), Sugar: 0.65g (0.72%), Cholesterol: 12.32mg (4.11%), Sodium: 218.06mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.96%), Calcium: 71.14mg (7.11%), Phosphorus: 68.97mg (6.9%), Vitamin B3: 1.2mg (6%), Selenium: 3.22µg (4.6%), Vitamin K: 3.63µg (3.46%), Vitamin B2: 0.06mg (3.38%), Vitamin B6: 0.05mg (2.44%), Iron: 0.43mg (2.38%), Vitamin B1: 0.04mg (2.34%), Zinc: 0.34mg (2.28%), Manganese: 0.04mg (1.86%), Vitamin E: 0.27mg (1.82%), Folate: 6.44µg (1.61%), Vitamin B12: 0.09µg (1.53%), Magnesium: 5.37mg (1.34%), Vitamin A: 60.87IU (1.22%), Vitamin B5: 0.1mg (1.02%)