



## Mexican Buffalo Chicken Dip

 Gluten Free

READY IN



50 min.

SERVINGS



20

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup cheese dressing blue
- 0.5 cup celery chopped
- 8 oz cream cheese softened
- 0.5 cup hot sauce
- 16 oz refried beans old el paso® canned (any variety)
- 2 cups rotisserie chicken cut (from a 2-lb chicken)
- 2 tablespoons taco seasoning old el paso® (from 1-oz package)

### Equipment

bowl

oven

## Directions

Heat oven to 350°F. Spray 1 1/2-quart casserole with cooking spray.

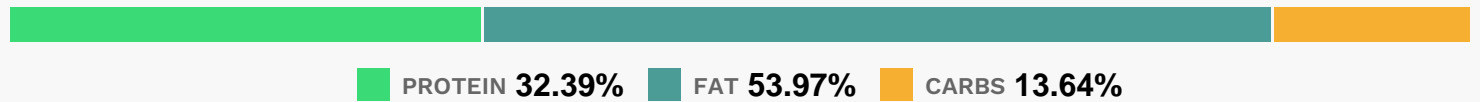
Mix refried beans and 2 tablespoons taco seasoning mix in small bowl; spread in bottom of casserole. In medium bowl, mix cream cheese, celery, dressing and hot sauce. Stir in chicken. Spoon chicken mixture over refried beans in casserole.

Bake uncovered 35 minutes or until heated through.

Let stand 10 minutes before serving.

Serve with tortilla chips, celery sticks or other veggies or crackers.

## Nutrition Facts



## Properties

Glycemic Index:4.9, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:1.4113043533719%

## Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 105.96kcal (5.3%), Fat: 6.3g (9.69%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 2.53g (0.92%), Sugar: 1.33g (1.47%), Cholesterol: 34.23mg (11.41%), Sodium: 486.39mg (21.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.02%), Vitamin C: 4.7mg (5.69%), Vitamin A: 215.81IU (4.32%), Fiber: 1.06g (4.23%), Calcium: 25.43mg (2.54%), Vitamin B2: 0.04mg (2.27%), Phosphorus: 18.48mg (1.85%), Iron: 0.3mg (1.66%), Selenium: 1.08µg (1.55%), Vitamin K: 1.45µg (1.38%)