



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
- 1 sticks tortilla chips
- 8 oz cream cheese softened
- 0.5 cup hot sauce
- 16 oz refried beans canned (any variety)
- 2 cups rotisserie chicken cut (from a 2-lb chicken)
- 2 tablespoons taco seasoning (from 1-oz package)

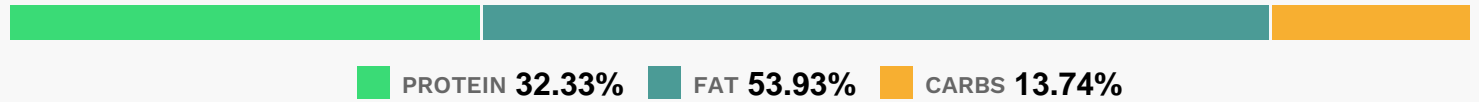
Equipment

- bowl
- oven

Directions

- Heat oven to 350F. 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:1.4156521649464%

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: 106.2kcal (5.31%), Fat: 6.31g (9.71%), Saturated Fat: 2.97g (18.55%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.33g (1.47%), Cholesterol: 34.23mg (11.41%), Sodium: 486.56mg (21.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.03%), Vitamin C: 4.7mg (5.69%), Vitamin A: 215.81IU (4.32%), Fiber: 1.06g (4.24%), Calcium: 25.48mg (2.55%), Vitamin B2: 0.04mg (2.27%), Phosphorus: 18.6mg (1.86%), Iron: 0.3mg (1.66%), Selenium: 1.09µg (1.55%), Vitamin K: 1.46µg (1.39%)