



WHATSheATE



Our Favorite Buffalo Chicken Dip



Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



689 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups chicken breasts shredded cooked
- ☐ 8 ounces cream cheese cubed
- ☐ 0.5 cup frank's hot sauce red
- ☐ 1 cup ranch salad dressing
- ☐ 8 ounces cheddar cheese shredded

Equipment

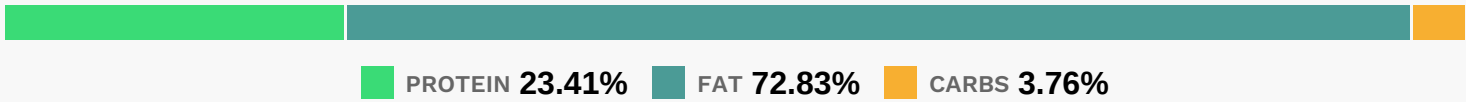
- ☐ sauce pan
- ☐ casserole dish

- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Combine all ingredients in a large sauce pan or dutch oven.
- ☐ Heat over medium heat, stirring constantly until the cheeses have melted and start to bubble.²
- ☐ Transfer to a 2 quart casserole dish and serve with Tortilla chips and/or celery sticks.³ If made ahead of time, microwave 3–5 minutes or until bubbly. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:10.8, Glycemic Load:0.97, Inflammation Score:-6, Nutrition Score:20.040434661119%

Nutrients (% of daily need)

Calories: 688.82kcal (34.44%), Fat: 55.38g (85.21%), Saturated Fat: 22.06g (137.88%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 6.44g (2.34%), Sugar: 4.11g (4.56%), Cholesterol: 175.05mg (58.35%), Sodium: 1669.56mg (72.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.05g (80.1%), Vitamin K: 66.61µg (63.44%), Selenium: 41.6µg (59.43%), Vitamin B3: 11.61mg (58.04%), Phosphorus: 537.08mg (53.71%), Calcium: 390.73mg (39.07%), Vitamin B6: 0.58mg (28.75%), Vitamin B2: 0.44mg (25.99%), Vitamin A: 1099.55IU (21.99%), Zinc: 2.81mg (18.75%), Vitamin B5: 1.64mg (16.4%), Vitamin B12: 0.95µg (15.8%), Vitamin E: 2.02mg (13.48%), Magnesium: 43.09mg (10.77%), Potassium: 340.56mg (9.73%), Iron: 1.14mg (6.33%), Vitamin B1: 0.09mg (5.97%), Folate: 18.89µg (4.72%), Copper: 0.07mg (3.67%), Vitamin D: 0.4µg (2.69%), Manganese: 0.04mg (2.2%)