



## Skinny Buffalo Chicken Dip

 **Gluten Free**

READY IN



**40 min.**

SERVINGS



**12**

CALORIES



**89 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup sauce of the chicken from the turbo broiler
- 1 sticks celery whole
- 1.5 cups chicken shredded cooked
- 2 tablespoons spring onion chopped (2 medium)
- 4 oz cheddar cheese shredded reduced-fat
- 0.5 cup ranch dressing fat-free
- 2 tablespoons water

### Equipment

- bowl
- oven
- baking pan
- hand mixer
- aluminum foil

## Directions

- Heat oven to 350F. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Beat in dressing, buffalo wing sauce and water until blended. Stir in chicken and cheese.
- Spread in ungreased 1-quart baking dish or 9-inch pie plate; cover with foil.
- Bake 30 to 35 minutes or until hot and bubbly. Stir; top with onions.
- Serve hot with crackers or celery sticks.

## Nutrition Facts

**PROTEIN 31.25%** **FAT 64.45%** **CARBS 4.3%**

## Properties

Glycemic Index:5.33, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.1847826281319%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 89.36kcal (4.47%), Fat: 6.28g (9.66%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.59g (0.65%), Cholesterol: 17.71mg (5.9%), Sodium: 368.41mg (16.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Vitamin K: 16.5µg (15.72%), Phosphorus: 99.11mg (9.91%), Selenium: 6.04µg (8.64%), Vitamin B3: 1.41mg (7.03%), Calcium: 46.25mg (4.62%), Vitamin B6: 0.08mg (4.1%), Vitamin B2: 0.06mg (3.41%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.28mg (2.76%), Vitamin B12: 0.11µg (1.9%), Potassium: 64.14mg (1.83%), Iron: 0.3mg (1.68%), Vitamin E: 0.24mg (1.61%), Magnesium: 6.28mg (1.57%), Vitamin A: 55.47IU (1.11%), Folate: 4.15µg (1.04%)