



Sweet BBQ Chicken Dip

READY IN



45 min.

SERVINGS



16

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon apple cider vinegar heinz®
- ☐ 0.8 cup chili sauce heinz®
- ☐ 16 servings round buttery crackers salted assorted
- ☐ 16 ounce cream cheese softened
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup green onions sliced
- ☐ 1.5 cups monterrey jack cheese shredded
- ☐ 1 teaspoon pepper flakes red
- ☐ 3 cups meat from a rotisserie chicken shredded

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1 tablespoon lea & worcestershire sauce perrins®

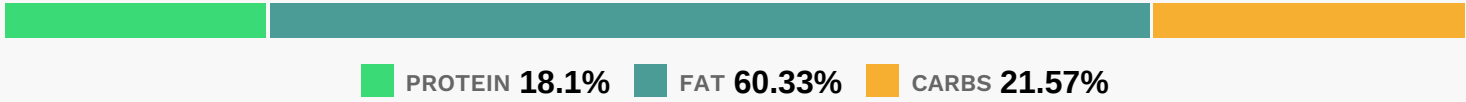
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Spread cream cheese into bottom of 13 x 9–inch baking dish. Stir together chicken, cranberry sauce, chili sauce, Worcestershire sauce, vinegar, mustard and red pepper flakes in medium bowl. Spoon mixture over cream cheese in baking dish.
- ☐ Sprinkle with cheese.
- ☐ Bake for 20 to 30 minutes or until heated through.
- ☐ Sprinkle with onions.
- ☐ Serve with crackers for dipping.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:7.9095651857231%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 276.01kcal (13.8%), Fat: 18.51g (28.48%), Saturated Fat: 9.11g (56.93%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 14.05g (5.11%), Sugar: 4.33g (4.81%), Cholesterol: 57.75mg (19.25%), Sodium: 511.59mg (22.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.99%), Phosphorus: 181.36mg (18.14%), Selenium: 11.68µg (16.68%), Vitamin B3: 3.13mg (15.67%), Vitamin K: 16.15µg (15.38%), Calcium: 141.33mg (14.13%), Vitamin A: 629.71IU (12.59%), Vitamin B2: 0.2mg (11.89%), Vitamin B6: 0.17mg (8.36%), Iron: 1.38mg (7.69%), Vitamin E: 1.14mg (7.63%), Vitamin B1: 0.11mg (7.41%), Zinc: 1mg (6.68%), Potassium: 194.16mg (5.55%), Manganese: 0.11mg (5.43%),

Folate: 20.63µg (5.16%), Vitamin B5: 0.5mg (5.04%), Magnesium: 16.95mg (4.24%), Vitamin B12: 0.23µg (3.77%),
Vitamin C: 2.78mg (3.37%), Fiber: 0.84g (3.36%), Copper: 0.07mg (3.33%)