



Trisha's Game Day Dip

 Gluten Free

READY IN



50 min.

SERVINGS



5

CALORIES



465 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup celery chopped
- 2 cups meat from a rotisserie chicken cubed cooked
- 8 ounce cream cheese softened
- 1 cup hot sauce
- 1 cup cheese salad dressing blue
- 1 cup sharp cheddar cheese shredded

Equipment

- oven

baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Stir together the chicken, celery, cream cheese, hot sauce, and blue cheese dressing in a 2 quart baking dish until evenly blended.
- Bake in the preheated oven until hot and bubbly, about 30 minutes. Stir in the shredded Cheddar cheese to serve.

Nutrition Facts

PROTEIN 19.45% **FAT 71.79%** **CARBS 8.76%**

Properties

Glycemic Index:17.2, Glycemic Load:0.91, Inflammation Score:-7, Nutrition Score:14.633912843207%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 465.39kcal (23.27%), Fat: 37.13g (57.12%), Saturated Fat: 15.94g (99.6%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 9.72g (3.53%), Sugar: 7.73g (8.59%), Cholesterol: 110.41mg (36.8%), Sodium: 2083.74mg (90.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.64g (45.28%), Vitamin C: 36.72mg (44.51%), Selenium: 25.09µg (35.85%), Vitamin K: 34.89µg (33.22%), Phosphorus: 276.74mg (27.67%), Vitamin B3: 4.71mg (23.57%), Calcium: 228.53mg (22.85%), Vitamin A: 1043.96IU (20.88%), Vitamin B2: 0.34mg (19.83%), Vitamin B6: 0.39mg (19.55%), Zinc: 2.02mg (13.46%), Vitamin E: 1.7mg (11.34%), Potassium: 366.64mg (10.48%), Vitamin B5: 1mg (9.99%), Vitamin B12: 0.5µg (8.36%), Magnesium: 28.92mg (7.23%), Iron: 1.16mg (6.43%), Vitamin B1: 0.08mg (5.51%), Folate: 21.78µg (5.45%), Copper: 0.08mg (3.85%), Manganese: 0.08mg (3.78%), Fiber: 0.47g (1.87%)