



Vegetarian Buffalo Chicken Dip



Gluten Free



Popular

READY IN



70 min.

SERVINGS



16

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce seasoned vegetarian strips diced chicken-style morningstar farms® (such as Chik'n Strips)
- ☐ 12 fluid ounce buffalo wing sauce hot (such as Frank's® REDHOT Buffalo Wing Sauce)
- ☐ 1 cup colby-monterey jack cheese blend
- ☐ 16 ounce ranch salad dressing reduced-fat
- ☐ 16 ounce cream cheese softened

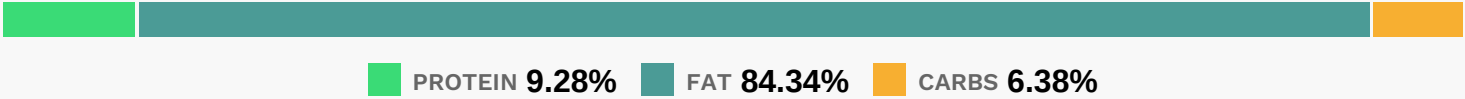
Equipment

- ☐ slow cooker

Directions

☐ Place the diced vegetarian chicken strips, cream cheese, ranch dressing, and buffalo wing sauce into a slow cooker. Cook on Low, stirring occasionally, until the cheese has melted and the dip is hot, 1 to 2 hours. Stir in the shredded cheese and serve.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:5.4713043285453%

Nutrients (% of daily need)

Calories: 264.34kcal (13.22%), Fat: 24.72g (38.03%), Saturated Fat: 7.79g (48.67%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 4.21g (1.53%), Sugar: 3.01g (3.35%), Cholesterol: 38.32mg (12.77%), Sodium: 1173.38mg (51.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin K: 38.48µg (36.64%), Phosphorus: 147.59mg (14.76%), Calcium: 103.29mg (10.33%), Selenium: 6µg (8.57%), Vitamin B12: 0.44µg (7.31%), Vitamin B2: 0.12mg (6.83%), Vitamin B5: 0.56mg (5.59%), Vitamin E: 0.79mg (5.23%), Vitamin A: 226.82IU (4.54%), Zinc: 0.59mg (3.93%), Vitamin B1: 0.06mg (3.72%), Potassium: 121.95mg (3.48%), Vitamin B6: 0.06mg (3.23%), Vitamin B3: 0.63mg (3.14%), Folate: 7.79µg (1.95%), Magnesium: 7.29mg (1.82%), Vitamin D: 0.21µg (1.42%), Iron: 0.24mg (1.35%), Copper: 0.02mg (1.13%)