

# Buffalo Chicken Dip II

Wal-Mart Ad

## Yield: 4 cups

1 package (8 ounce) cream cheese, softened  
1/2 cup ranch salad dressing  
1/2 cup buffalo wing sauce OR cayenne pepper sauce  
2 cans (10 ounce ea) chicken breast, drained  
1/2 cup crumbled blue cheese OR shredded mozzarella cheese

## Preparation Time: 5 minutes

## Cook Time: 20 minutes

Preheat the oven to 350 degrees.

In a deep baking dish, mix the ingredients until smooth.

Bake for 20 minutes or until hot and bubbly.

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Per Serving (excluding unknown items): 2425 Calories; 199g Fat (73.7% calories from fat); 144g Protein; 15g Carbohydrate; 0g Dietary Fiber; 647mg Cholesterol; 2391mg Sodium. Exchanges: 20 Lean Meat; 27 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	2425
% Calories from Fat:	73.7%
% Calories from Carbohydrates:	2.5%
% Calories from Protein:	23.8%
Total Fat (g):	199g
Saturated Fat (g):	79g
Monounsaturated Fat (g):	60g
Polyunsaturated Fat (g):	48g
Cholesterol (mg):	647mg
Carbohydrate (g):	15g
Dietary Fiber (g):	0g
Protein (g):	144g
Sodium (mg):	2391mg
Potassium (mg):	1598mg
Calcium (mg):	348mg

Vitamin B6 (mg):	3.2mg
Vitamin B12 (mcg):	3.3mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	64mcg
Niacin (mg):	58mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	20
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

**Iron (mg):** 7mg  
**Zinc (mg):** 6mg  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 4049IU  
**Vitamin A (r.e.):** 1162 1/2RE

**Fat:** 27 1/2  
**Other Carbohydrates:** 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 2425                      **Calories from Fat:** 1787

### % Daily Values\*

<b>Total Fat</b>	199g	306%
Saturated Fat	79g	393%
<b>Cholesterol</b>	647mg	216%
<b>Sodium</b>	2391mg	100%
<b>Total Carbohydrates</b>	15g	5%
Dietary Fiber	0g	0%
<b>Protein</b>	144g	
<b>Vitamin A</b>		81%
<b>Vitamin C</b>		14%
<b>Calcium</b>		35%
<b>Iron</b>		41%

\* Percent Daily Values are based on a 2000 calorie diet.