

Disappearing Buffalo Chicken Dip

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Yield: 3 cups

2 cups diced or shredded cooked chicken

1/3 cup cayenne pepper sauce

1 cup mayonnaise

1 cup (4 ounce) cheddar cheese, shredded

2 tablespoons green onions (optional), finely chopped

1 teaspoon lemon juice

1/4 cup blue cheese, crumbled

Preparation Time: 15 minutes

Cook Time: 20 minutes

Preheat the oven to 375 degrees.

Toss the chicken with the pepper sauce.

Stir in the mayonnaise, cheddar cheese, green onions and lemon juice.

Turn the mixture into a 1-1/2 shallow casserole dish. Sprinkle with the blue cheese.

Bake, uncovered, for 20 minutes or until bubbling.

Serve, if desired, with celery and/or your favorite dippers.

Per Serving (excluding unknown items): 2135 Calories; 233g Fat (93.0% calories from fat); 37g Protein; 3g Carbohydrate; trace Dietary Fiber; 217mg Cholesterol; 2350mg Sodium. Exchanges: 5 Lean Meat; 0 Fruit; 22 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2135	Vitamin B6 (mg):	1.4mg
% Calories from Fat:	93.0%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	0.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.5%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	233g	Folacin (mcg):	48mcg
Saturated Fat (g):	55g	Niacin (mg):	trace
Monounsaturated Fat (g):	63g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	92g	Alcohol (kcal):	0

Cholesterol (mg):	217mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	37g
Sodium (mg):	2350mg
Potassium (mg):	265mg
Calcium (mg):	1007mg
Iron (mg):	2mg
Zinc (mg):	5mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	2022IU
Vitamin A (r.e.):	545RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	5
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	22
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 2135 Calories from Fat: 1986

% Daily Values*

Total Fat 233g	358%
Saturated Fat 55g	276%
Cholesterol 217mg	72%
Sodium 2350mg	98%
Total Carbohydrates 3g	1%
Dietary Fiber trace	0%
Protein 37g	
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Vitamin A	40%
Vitamin C	4%
Calcium	101%
Iron	11%

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