

Buffalo Chicken Dip

Yield: 6 cups

2 cans (10 ounce ea) premium chunk breast of chicken, drained
 2 packages (8 ounce ea) cream cheese, softened
 1 cup ranch dressing
 1/4 cup pepper sauce
 1 1/2 cups cheddar cheese, shredded and divided

Place the cream cheese in a shallow casserole dish. Microwave on 50% power until the cheese is softened, 2 to 3 minutes.

Stir in the drained chicken, ranch dressing, pepper sauce and one cup of the cheese. Sprinkle the top with the remainder of the cheese.

Microwave on 100% power for 2 to 4 minutes until hot and bubbly.

Serve with crackers, tortilla chips and celery sticks.

Per Serving (excluding unknown items): 2304 Calories; 218g Fat (84.2% calories from fat); 77g Protein; 15g Carbohydrate; 0g Dietary Fiber; 687mg Cholesterol; 2427mg Sodium. Exchanges: 11 Lean Meat; 37 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	2304
% Calories from Fat:	84.2%
% Calories from Carbohydrates:	2.5%
% Calories from Protein:	13.3%
Total Fat (g):	218g
Saturated Fat (g):	138g
Monounsaturated Fat (g):	62g
Polyunsaturated Fat (g):	7g
Cholesterol (mg):	687mg
Carbohydrate (g):	15g
Dietary Fiber (g):	0g
Protein (g):	77g
Sodium (mg):	2427mg
Potassium (mg):	721mg
Calcium (mg):	1598mg
Iron (mg):	7mg
Zinc (mg):	8mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	8423IU
Vitamin A (r.e.):	2536RE

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	3.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	1.5mg
Folacin (mcg):	92mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	11
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	37
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 2304 Calories from Fat: 1941

% Daily Values*

Total Fat	218g	336%
Saturated Fat	138g	689%
Cholesterol	687mg	229%
Sodium	2427mg	101%
Total Carbohydrates	15g	5%
Dietary Fiber	0g	0%
Protein	77g	

Vitamin A	168%
Vitamin C	0%
Calcium	160%
Iron	37%

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