

Buffalo Chick Hot Wing Dip

Ingredients:

- 8-oz. fat free cream cheese, room temperature
- 1/2 cup Frank's RedHot Original Cayenne Pepper Sauce
- 1/2 cup shredded part-skim mozzarella cheese
- 1/2 cup fat-free plain Greek yogurt
- 2 tablespoons ranch seasoning mix
- 12.5 oz. canned 98% fat-free chunk white chicken breast in water, drained

Directions:

1. Place cream cheese in a large microwave-safe bowl and stir until smooth. Thoroughly mix in hot sauce, cheese, dressing mix, and yogurt.
2. Stir in chicken. Microwave for 3 minutes. Stir and microwave for 2 minutes, or until hot. Enjoy!

Serve with celery and carrots!

Nutrition Facts

Servings: 10

Amount per serving

Calories **153**

% Daily Value*

Total Fat 8.7g	11%
Saturated Fat 5.1g	26%
Cholesterol 56mg	19%
Sodium 971mg	42%
Total Carbohydrate 1.2g	0%
Dietary Fiber 0g	0%
Total Sugars 0.5g	
Protein 16.3g	

Nutrition Facts

Without healthy swaps!

Amount Per Serving

Calories 346 Calories from Fat 243

% Daily Value*

Fat 27g	42%
Saturated Fat 10g	50%
Cholesterol 53mg	18%
Sodium 1249mg	52%
Potassium 120mg	3%
Carbohydrates 9g	3%
Fiber 0g	0%
Sugar 1g	1%
Protein 16g	32%