



BUFFALO CHICKEN DIP

This can be Whole30/Paleo if you use the approved mayonnaise (primal kitchen is a preferred)

 25 minutes

 8 portions

INGREDIENTS

- 15 oz of chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled (425 g)
- 1 cup of salad dressing, mayonnaise, regular (220 g)
- 1/3 Cups of frank's Red Hot, Hot Sauce (74 g)
- 1 cup chopped of green onions, tops only (71 g)
- 1/4 Cup of bragg, Nutritional Yeast (20 g)
- 1 tsp onion powder (2 g)
- 1 tsp garlic powder (3 g)
- 1/2 tsp dill weed, dried (1 g)
- 1 Tsp of sea salt (3 g)
- 1 tsp ground pepper, black (2 g)

COOKING METHOD

- 1° Preheat oven to 350 degrees F.
- 2° Place all ingredients in a large bowl and mix well. You can taste and add more hot sauce if you prefer.
- 3° Transfer to a small baking dish and smooth out the top with a spatula. Bake in the preheated oven for 20 minutes until the edges are lightly browned and bubbly.
- 4° Serve warm with celery, carrots, cucumbers, and/or your favorite veggies. You can also enjoy with gluten free crackers or tortillas if you are not doing the Whole30.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (103 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 278 kcal | 287 kcal | 14 % |
| FAT | 22 g | 23 g | 35 % |
| FATTY ACIDS, TOTAL SATURATED | 4 g | 4 g | 19 % |
| CHOLESTEROL | 65 mg | 67 mg | 22 % |
| SODIUM | 689 mg | 712 mg | 30 % |
| CARBOHYDRATE | 3 g | 3 g | 1 % |
| SUGARS | 1 g | 1 g | — |
| FIBER | 1 g | 1 g | 3 % |
| PROTEIN | 18 g | 18 g | — |