



Buff Chick Hot Wing Dip



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1/15th of recipe (about 1/4 cup): 92 calories, 5g total fat (2.5g sat. fat), 578mg sodium, 2g carbs, 0g fiber, 1g sugars, 9g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

One 8-oz. tub light/reduced-fat cream cheese, room temperature
1/2 cup Frank's RedHot Original Cayenne Pepper Sauce, or more for topping
1/2 cup shredded part-skim mozzarella cheese
1/4 cup light ranch dressing
1/4 cup fat-free plain Greek yogurt
20 oz. canned 98% fat-free chunk white chicken breast in water, drained and flaked

Directions

Place cream cheese in a large microwave-safe bowl and stir until smooth. Thoroughly mix in hot sauce, cheese, dressing, and yogurt.

Stir in chicken. Microwave for 3 minutes. Stir and microwave for 2 minutes, or until hot. Enjoy!

MAKES 15 SERVINGS

HG Alternative: If made with fat-free cream cheese and fat-free ranch dressing (as seen in earlier versions of this recipe), each serving will have 68 calories, 1.5g total fat (0.5g sat. fat), 616mg sodium, 2g carbs, 0g fiber, 1g sugars, and 10g protein (**SmartPoints®** values*: 2 on **Green Plan**, 1 on **Blue Plan**, 1 on **Purple Plan**).

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