



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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
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**).

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.