

Buffalo Chicken Dip with HP Ground Chicken

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	7.71 oz

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1 PREHEAT OVEN

Preheat oven to 350°F.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
2	4 lb 11.00 oz		0%	4 lb 11.00 oz	Hungry Planet Chicken™
	0.00 lb		0%	0.00 lb	Vegetable oil

COOK CHICKEN

In a large skillet, add 2 tablespoons of vegetable oil and heat on medium-high heat. Add Hungry Planet ground chicken and break apart with a spoon or spatula. Cook until browned, 3-5 minutes. Remove from the pan and set aside.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
3	1 1/2 qt	3 lb 2.00 oz	0%	3 lb 2.00 oz	Vegan cream cheese
	~ 1 1/2 pt	1 lb 10.44 oz	0%	1 lb 10.44 oz	Vegan ranch
	~ 1 1/2 pt	1 lb 9.00 oz	0%	1 lb 9.00 oz	Louisiana hot sauce <i>E.g. Frank's RedHot</i>
	~ 1 1/2 pt	0 lb 12.50 oz	0%	0 lb 12.50 oz	Vegan cheese, shredded
	~ 2 1/4 tbsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Spices, garlic powder
	~ 2 1/4 tbsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Spices, onion powder

ASSEMBLY

In a large bowl, mix together all ingredients. Add chicken and stir.

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Pour into a large 1-quart or 2-quart baking dish and bake for 30 minutes, or until the top is bubbly.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
5	~ 1 1/4 cup	0 lb 2.94 oz	0%	0 lb 2.94 oz	Green onions, tops only, chopped

Remove from oven and garnish with scallions. Serve warm with celery and carrot sticks, toast points, pita, or your favorite crackers.

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	12 lb 0.88 oz	0 %	12 lb 0.88 oz	0 %	12 lb 0.88 oz
Size of portion	7.71 oz		7.71 oz		7.71 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals			
Total fat	2.98 g	39.36 %	66.89 kcal	Salt	0.57 g		
Saturated	1.38 g	18.22 %	279.87 kJ	Salt	0.57 %	Vitamins	
Monounsaturated	0.01 g	0.12 %	0.28 MJ	Sodium	228.18 mg	Vitamin A	13.67 µg
Polyunsaturated	0.05 g	0.71 %		Phosphorus	5.27 mg	Vitamin D	0.00 µg
Trans	0.00 g	0.00 %		Potassium	131.34 mg	Thiamine	0.01 mg
Cholesterol	0.00 mg			Iron	0.84 mg	Riboflavin	0.01 mg
Linolenic acid	0.05 g			Calcium	20.75 mg	Niacin	0.03 mg
Alpha-linolenic acid	0.39 mg			Zinc	0.04 mg	Vitamin B6	0.03 mg
Total Carbohydrate	4.29 g	26.07 %		Magnesium	2.29 mg	Vitamin B12	0.16 µg
Sugars	0.10 g	-0.04 %		Iodine	0.00 µg	Folate	0.13 µg
Sugar	0.00 g			Selenium	0.17 µg	Vitamin C	0.85 mg
Lactose	0.00 g			Copper	0.01 mg	Vitamin E	0.01 mg
Fiber	1.20 g	3.44 %				Vitamin K	2.42 µg
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	13.77 g
Starch	0.00 g	0.00 %					
Protein	6.10 g	37.08 %					
Alcohol	0.00 g	0.00 %					