

# Artichokes Casino

Publix Aprons  
Publix.com

## Servings: 12

1 (8 ounce) bakery baguette  
1 can (14 ounce) baby artichoke hearts, drained  
2 (3 ounce) frozen crab cakes, thawed  
1/2 cup Alfredo sauce, divided  
1/4 cup peppered bacon bits

Preheat the oven to 425 degrees.

Cut twelve 1/2-inch-thick slices from the bread.

Press each bread slice with your thumb to make an indentation (for filling). Place on a baking sheet. Bake for 3 to 4 minutes until toasted.

Place one artichoke heart into the center of each bread slice. Top with two teaspoons of the crabcake and two teaspoons of the Alfredo sauce. Sprinkle the top with bacon.

Bake for 10 to 12 minutes or until the crab cake mixture is 165 degrees.

Start to Finish Time: 25 minutes

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Per Serving (excluding unknown items): 20 Calories; 2g Fat (80.5% calories from fat); 1g Protein; 1g Carbohydrate; 0g Dietary Fiber; 6mg Cholesterol; 55mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	20	Vitamin B6 (mg):	0mg
% Calories from Fat:	80.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	9.8%	Thiamin B1 (mg):	0mg
% Calories from Protein:	9.8%	Riboflavin B2 (mg):	0mg
Total Fat (g):	2g	Folacin (mcg):	0mcg
Saturated Fat (g):	1g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	6mg
<b>Carbohydrate (g):</b>	1g
<b>Dietary Fiber (g):</b>	0g
<b>Protein (g):</b>	1g
<b>Sodium (mg):</b>	55mg
<b>Potassium (mg):</b>	0mg
<b>Calcium (mg):</b>	0mg
<b>Iron (mg):</b>	0mg
<b>Zinc (mg):</b>	0mg
<b>Vitamin C (mg):</b>	0mg
<b>Vitamin A (i.u.):</b>	0IU
<b>Vitamin A (r.e.):</b>	0RE

**% Daily Value** 0.0%

### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 20 Calories from Fat: 16

### % Daily Values\*

<b>Total Fat</b> 2g	3%
Saturated Fat 1g	6%
<b>Cholesterol</b> 6mg	2%
<b>Sodium</b> 55mg	2%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber 0g	0%
<b>Protein</b> 1g	
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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	0%

\* Percent Daily Values are based on a 2000 calorie diet.