

Artichoke-Crab Spread

Best Slow cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 24

1 cup refrigerated flake-style imitation crab meat

1/2 cup Parmesan cheese, grated

4 teaspoons lemon juice

4 medium (1/4 cup) green onions, sliced

1 can (14 ounce) artichoke hearts, drained and coarsely chopped

1 package (8 ounce) cream cheese, cut into cubes

48 slices French bread baguette or cocktail rye bread

Preparation Time: 15 minutes

Spray a 1- to 1-1/2-quart slow cooker with cooking spray.

In the slow cooker, mix all of the ingredients except the bread.

Cover and cook on LOW heat setting for one hour to one hour and 15 minutes. Stir until the cheese is smooth.

Scrape down the side of the slow cooker with a rubber spatula to keep the edge of the spread from scorching.

Serve with the bread.

The spread can be held on LOW heat setting for up to three hours. Stir occasionally.

Start to Finish Time: 1 hour 15 minutes

Because the cheeses separate, the spread may form little puddles. Stir occasionally and it will look good as new.

Per Serving (excluding unknown items): 44 Calories; 4g Fat (77.4% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 63mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

Appetizers, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	44	Vitamin B6 (mg):	trace
% Calories from Fat:	77.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	8.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	14.1%	Riboflavin B2 (mg):	trace

Total Fat (g): 4g
Saturated Fat (g): 2g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 12mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 2g
Sodium (mg): 63mg
Potassium (mg): 34mg
Calcium (mg): 34mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 166IU
Vitamin A (r.e.): 46 1/2RE

Folacin (mcg): 5mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 44 **Calories from Fat:** 34

% Daily Values*

Total Fat	4g	6%
Saturated Fat	2g	12%
Cholesterol	12mg	4%
Sodium	63mg	3%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	2g	
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Vitamin A		3%
Vitamin C		2%
Calcium		3%
Iron		1%

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