



Slow-Cooker Artichoke-Crab Spread

READY IN



90 min.

SERVINGS



24

CALORIES



58 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup imitation crab refrigerated flake-style (from 8-oz package)
- 0.5 cup parmesan cheese grated
- 4 teaspoons juice of lemon
- 0.3 cup spring onion sliced
- 14 oz artichoke hearts drained coarsely chopped canned
- 8 oz cream cheese cubed
- 1 slices crusty baguette french
- 1 bell pepper red cut into wedges, if desired

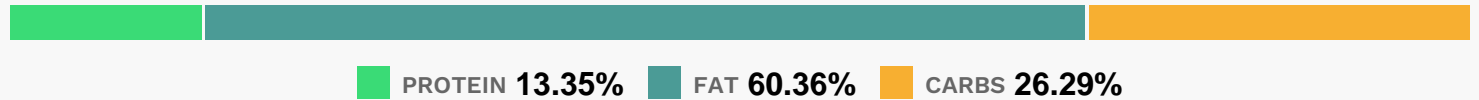
Equipment

- spatula
- slow cooker

Directions

- Spray 1- to 1 1/2-quart slow cooker with cooking spray. In cooker, place all ingredients except bread.
- Cover; cook on Low heat setting 1 hour to 1 hour 15 minutes. Stir until cheese is smooth.
- Scrape down side of cooker with rubber spatula to help prevent edge of spread from scorching.
- Serve with bread slices.
- Spread can be kept warm on Low heat setting up to 3 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:6.78, Glycemic Load:0.66, Inflammation Score:-2, Nutrition Score:1.7821739060075%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 58.35kcal (2.92%), Fat: 3.89g (5.98%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.31g (1.2%), Sugar: 1.05g (1.16%), Cholesterol: 12.18mg (4.06%), Sodium: 177.95mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Vitamin C: 6.86mg (8.32%), Vitamin A: 310.61IU (6.21%), Calcium: 30.13mg (3.01%), Phosphorus: 26.33mg (2.63%), Vitamin K: 2.67µg (2.55%), Selenium: 1.78µg (2.55%), Vitamin B2: 0.04mg (2.26%), Fiber: 0.5g (2%), Folate: 5.52µg (1.38%), Vitamin E: 0.18mg (1.21%), Vitamin B6: 0.02mg (1.19%), Zinc: 0.16mg (1.1%)