



Baked Alaska

READY IN



105 min.

SERVINGS



8

CALORIES



525 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces plus light
- ☐ 4 ounces pasteurized egg whites room temperature
- ☐ 1.5 quarts neapolitan ice cream softened
- ☐ 1 pinch kosher salt
- ☐ 8 ounces sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 ounces water
- ☐ 9 by 5 by
- ☐ 9 by 5 by

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ loaf pan
- ☐ stand mixer
- ☐ candy thermometer

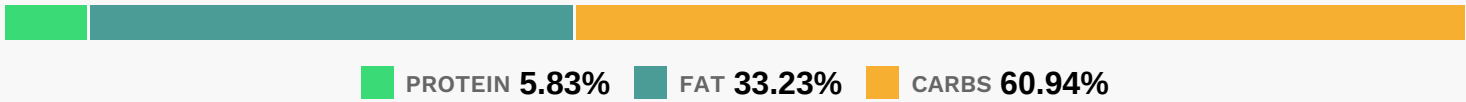
Directions

- ☐ Line a 9 by 5-inch loaf pan with plastic wrap.
- ☐ Place the softened ice cream into the loaf pan and spread evenly.
- ☐ Place the piece of cake on top of the ice cream, press down lightly, and place the pan in the freezer for 1 hour.
- ☐ After an hour, combine the sugar, corn syrup, and water in a 2-quart saucepan and place over high heat. Stir just until the sugar dissolves, about 5 minutes. Clip on a candy thermometer and bring the mixture to 240 degrees F.
- ☐ While the syrup is cooking, place the egg whites, salt, and vanilla into the bowl of a stand mixer and, using the whisk attachment, whisk the eggs on high speed until they reach medium peaks, 4 to 5 minutes.
- ☐ When the sugar syrup reaches 240 degrees F, remove from the heat and, with the stand mixer on low speed, slowly and carefully pour the syrup in a thin steady stream into the egg white mixture, being careful not to come in contact with the whisk. Once all the syrup has been added, increase the mixer speed to high and whisk until stiff peaks are formed and the mixture has cooled, 8 to 10 minutes.
- ☐ Remove the loaf pan from the freezer, turn upside down onto a heatproof serving platter, and remove the plastic wrap. Completely cover the ice cream cake combo with a 1-inch layer of meringue all around, sealing the meringue to the pan around the bottom edge.
- ☐ Use a propane torch to brown the meringue all over.

☐

Serve immediately. May be frozen once the meringue has browned.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:46.65, Inflammation Score:-4, Nutrition Score:7.5417390906292%

Nutrients (% of daily need)

Calories: 524.65kcal (26.23%), Fat: 19.66g (30.25%), Saturated Fat: 12.05g (75.3%), Carbohydrates: 81.13g (27.04%), Net Carbohydrates: 79.89g (29.05%), Sugar: 76.93g (85.48%), Cholesterol: 78.07mg (26.02%), Sodium: 179.78mg (7.82%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 7.76g (15.51%), Vitamin B2: 0.49mg (29.04%), Calcium: 230.49mg (23.05%), Phosphorus: 188.45mg (18.85%), Vitamin A: 747.03IU (14.94%), Vitamin B12: 0.7µg (11.75%), Potassium: 377.29mg (10.78%), Vitamin B5: 1.06mg (10.58%), Selenium: 6.3µg (9%), Zinc: 1.29mg (8.63%), Magnesium: 26.64mg (6.66%), Vitamin B1: 0.08mg (5.45%), Fiber: 1.24g (4.97%), Vitamin B6: 0.09mg (4.3%), Vitamin E: 0.53mg (3.55%), Copper: 0.05mg (2.37%), Vitamin D: 0.35µg (2.37%), Folate: 9.44µg (2.36%), Vitamin C: 1.06mg (1.29%), Vitamin B3: 0.22mg (1.11%), Iron: 0.19mg (1.03%)