



Baked Alaska

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



12

CALORIES



426 kcal

SIDE DISH

Ingredients

- 1 round cake (any flavor, , unfrosted)
- 0.5 gallon whipped cream (any flavor)
- 6 egg whites
- 0.3 teaspoon cream of tartar
- 0.5 cup powdered sugar

Equipment

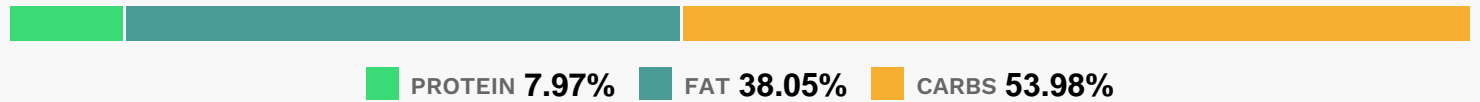
- bowl
- oven

spatula

Directions

- Grease a 7-inch bowl (large enough to hold 1/2 gallon ice cream, but not wider than your cake round!) with flavorless oil (see note above) or unsalted butter.
- Let ice cream soften until it is workable. Pack tightly in the bowl. Return bowl to freezer until it hardens.
- When ready to assemble, beat egg whites until foamy.
- Add tartar and whip until stiff peaks form. Gently fold in powdered sugar, a little bit at a time.
- Place frozen layer cake on a plate slightly larger than the cake. Unmold the ice cream by centering it on the cake. If the ice cream does not release from the bowl, see notes.
- Do not trim the cake. "Frost" cake and ice cream with meringue, covering completely, creating a decorative pattern by forming peaks with a spoon or spatula.
- Bake in preheated at 450 degrees for 6-7 minutes until meringue peaks are golden brown.
- Store in freezer until serving time.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:22.03, Inflammation Score:-4, Nutrition Score:8.2752173913044%

Taste

Sweetness: 100%, Saltiness: 8.78%, Sourness: 15.73%, Bitterness: 15.82%, Savoriness: 7.32%, Fattiness: 47.37%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 426.4kcal (21.32%), Fat: 18.05g (27.77%), Saturated Fat: 10.91g (68.19%), Carbohydrates: 57.61g (19.2%), Net Carbohydrates: 56.38g (20.5%), Sugar: 47.61g (52.9%), Cholesterol: 94.9mg (31.63%), Sodium: 306.96mg (13.35%), Protein: 8.51g (17.01%), Vitamin B2: 0.51mg (30.15%), Calcium: 220.49mg (22.05%), Phosphorus: 202.11mg (20.21%), Vitamin A: 702.52IU (14.05%), Selenium: 8.14µg (11.63%), Vitamin B12: 0.69µg (11.48%), Potassium: 373.49mg (10.67%), Vitamin B5: 1.06mg (10.64%), Vitamin B1: 0.13mg (8.4%), Zinc: 1.22mg (8.14%), Magnesium: 26.48mg (6.62%), Folate: 20.24µg (5.06%), Fiber: 1.23g (4.92%), Iron: 0.84mg (4.66%), Vitamin B6: 0.09mg (4.47%), Vitamin E: 0.53mg (3.55%), Vitamin B3: 0.68mg (3.41%), Manganese: 0.07mg (3.35%), Copper: 0.06mg (2.78%),

Vitamin D: 0.37 μ g (2.44%), Vitamin C: 0.95mg (1.15%)