



Baked Alaskas

READY IN



322 min.

SERVINGS



6

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cake flour
- 0.3 teaspoon cream of tartar
- 6 large egg whites
- 3 cups greek yogurt fat-free frozen
- 0.3 teaspoon salt
- 1 Dash salt
- 0.5 cup sugar
- 9 tablespoons sugar
- 3 tablespoons cocoa powder dark unsweetened (such as Hershey's Special)

- 0.3 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- blender
- plastic wrap
- ramekin
- double boiler
- spatula
- measuring cup
- serrated knife
- candy thermometer

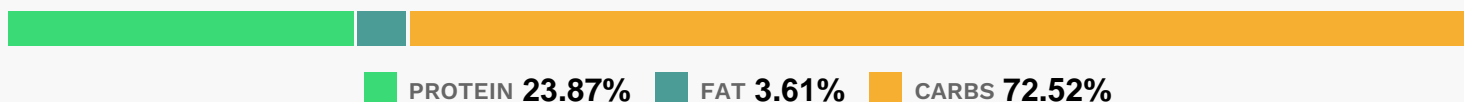
Directions

- Preheat oven to 350
- To prepare cake, weigh or lightly spoon flour into a dry measuring cup; level with a knife. Sift together flour, cocoa, and 1/4 teaspoon salt.
- Place 6 egg whites and 1/4 teaspoon cream of tartar in a large bowl; beat with a mixer at medium-high speed until soft peaks form.
- Add 1/2 cup sugar, 2 tablespoons at a time, beating until stiff peaks form (do not underbeat). Beat in vanilla. Sift flour mixture over egg white mixture, 1/4 cup at a time, folding flour mixture into egg white mixture. Spoon batter into an ungreased 10-inch tube pan, spreading evenly. Break air pockets in batter by cutting through batter with a knife.
- Bake at 350 for 20 minutes or until cake springs back when lightly touched. Invert pan; cool completely. Loosen cake from sides of pan using a narrow metal spatula. Invert cake onto

plate.

- Split cake horizontally into 3 even layers using a serrated knife. Working with 1 cake layer at a time, cut with a 3-inch round cutter into 4 rounds. Repeat procedure with remaining 2 cake layers; discard remaining cake, or reserve for another use.
- Coat 6 (8-ounce) ramekins with cooking spray. Line each ramekin with plastic wrap, allowing the plastic wrap to extend over edges. Spoon 1/4 cup yogurt into bottom of each ramekin, spreading evenly; top each with 1 cake round.
- Spread 1/4 cup yogurt over each cake layer, spreading evenly; top each with 1 cake round. Cover with plastic wrap; freeze 4 hours or up to overnight.
- To prepare meringue, combine 6 egg whites and remaining ingredients in top of a double boiler. Cook over simmering water 2 minutes or until candy thermometer registers 150, stirring constantly with a whisk.
- Remove from heat. Beat egg mixture with a mixer at medium speed until soft peaks form; beat at high speed until stiff peaks form.
- Invert ramekins, cake sides down, onto a baking sheet. Discard plastic wrap. Divide meringue evenly among servings, and spread evenly over each dome (the domes should be completely covered with meringue). Holding a kitchen torch about 3 inches from domes, heat the meringue, moving the torch back and forth until lightly browned.
- Transfer to individual plates, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.53, Glycemic Load:29.1, Inflammation Score:-2, Nutrition Score:6.8839131043009%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 255.73kcal (12.79%), Fat: 1.05g (1.62%), Saturated Fat: 0.34g (2.09%), Carbohydrates: 47.51g (15.84%), Net Carbohydrates: 46.33g (16.85%), Sugar: 38.2g (42.44%), Cholesterol: 5mg (1.67%), Sodium: 195.29mg (8.49%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Caffeine: 5.75mg (1.92%), Protein: 15.64g (31.27%), Selenium:

21.2µg (30.29%), Vitamin B2: 0.44mg (26.17%), Phosphorus: 169.42mg (16.94%), Vitamin B12: 0.73µg (12.16%), Calcium: 118.51mg (11.85%), Manganese: 0.19mg (9.67%), Potassium: 264.79mg (7.57%), Magnesium: 29.73mg (7.43%), Copper: 0.14mg (7.06%), Zinc: 0.8mg (5.35%), Fiber: 1.18g (4.7%), Vitamin B5: 0.45mg (4.46%), Vitamin B6: 0.07mg (3.62%), Folate: 12.56µg (3.14%), Iron: 0.56mg (3.12%), Vitamin B1: 0.03mg (2.24%), Vitamin B3: 0.41mg (2.03%)