



BananAlaska

READY IN



535 min.

SERVINGS



12

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.5 cup almonds toasted sliced
- ☐ 1 banana sliced
- ☐ 1 cup pasteurized egg whites
- ☐ 0.5 cup flour for dusting all-purpose plus more
- ☐ 5.1 ounce banana pudding instant
- ☐ 3 cups milk
- ☐ 0.5 cup sugar
- ☐ 1 roll sugar cookie dough

- ☐ 1.5 pints vanilla swiss almond ice cream softened for 2 hours

Equipment

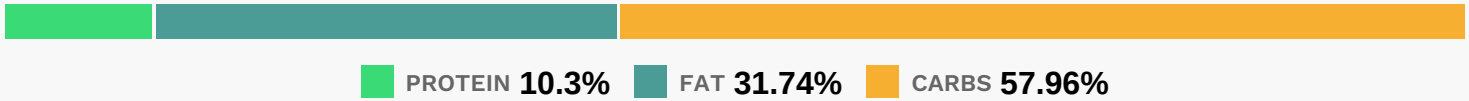
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ broiler
- ☐ kitchen towels
- ☐ springform pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ For cookie layers: In a bowl knead 1/2 of the cookie dough with 1/4 cup flour until flour is incorporated.
- ☐ Roll dough to 1/4-inch thickness on a lightly floured surface. Using the springform pan as a template, cut 1 large cookie. Repeat with remaining dough and 1/4 cup of flour.
- ☐ Place both large cookies on baking sheets or plates and cover with plastic wrap.
- ☐ Place in the freezer and chill for 15 minutes.
- ☐ Remove from freezer, place on cookie sheet and bake for 15 to 18 minutes, until golden brown.
- ☐ For pudding: In a bowl with an electric hand mixer, beat pudding and milk until thickened, about 2 minutes.
- ☐ To assemble: In the bottom of a 9-inch springform pan, place 1 of the cookies. Over the top of the cookie, spread the softened ice cream. Top with sliced bananas.
- ☐ Layer with another cookie. Top with banana pudding and smooth.
- ☐ Sprinkle with toasted almond slices. Cover with a layer of plastic wrap and a layer of aluminum foil. Freeze for a minimum of 8 hours, preferably overnight.

- ☐ For the meringue: With an electric mixer on medium speed, whisk pasturized egg whites to soft peaks. Beat in sugar and almond extract and beat to stiff but not dry peaks. Be careful not to overbeat.
- ☐ Preheat broiler.
- ☐ Remove dessert from freezer.
- ☐ Remove springform pan by first dampening a kitchen towel with hot water. Wrap towel around springform pan to loosen the dessert.
- ☐ Remove from springform pan and place on an oven-proof platter. Cover with meringue.
- ☐ Place under broiler for no more than 3 minutes until golden peaks form. WATCH CAREFULLY, as it can burn quickly.
- ☐ Serve immediately.
- ☐ Special equipment: 9-inch springform pan .

Nutrition Facts



Properties

Glycemic Index:25.74, Glycemic Load:19.16, Inflammation Score:-4, Nutrition Score:7.759999996942%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 297.09kcal (14.85%), Fat: 10.6g (16.31%), Saturated Fat: 5.33g (33.32%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 42.27g (15.37%), Sugar: 34.61g (38.46%), Cholesterol: 33.35mg (11.12%), Sodium: 285.32mg (12.41%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 7.74g (15.48%), Phosphorus: 250.01mg (25%), Vitamin B2: 0.39mg (23.18%), Calcium: 164.59mg (16.46%), Selenium: 8.44µg (12.06%), Vitamin B12: 0.58µg (9.66%), Potassium: 313.67mg (8.96%), Manganese: 0.16mg (8.08%), Magnesium: 32.27mg (8.07%), Vitamin E: 1.2mg (8.02%), Vitamin B1: 0.11mg (7.42%), Vitamin A: 354.19IU (7.08%), Vitamin B5: 0.68mg (6.84%), Zinc: 0.84mg (5.61%), Vitamin B6: 0.11mg (5.52%), Vitamin D: 0.79µg (5.26%), Fiber: 1.29g (5.16%), Folate: 17µg (4.25%), Copper:

0.08mg (3.85%), Vitamin B3: 0.67mg (3.35%), Iron: 0.5mg (2.77%), Vitamin C: 1.21mg (1.47%)