



Big Beautiful Baked Alaska

 Dairy Free

READY IN



500 min.

SERVINGS



8

CALORIES



274 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon cream of tartar
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup eggs room temperature (or 3 large egg whites)
- ☐ 0.3 cup granulated no-calorie sweetener (recommended: Splenda)
- ☐ 2 cups strawberry ice cream light softened
- ☐ 0.3 teaspoon vanilla extract
- ☐ 3 cups whipped cream fat-free softened
- ☐ 16 vanilla round wafer cookies reduced-fat (recommended: Reduced Fat Nilla)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ pie form

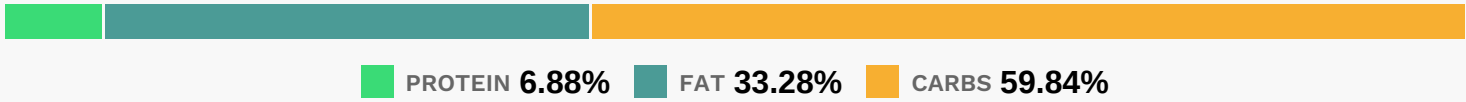
Directions

- ☐ Choose a medium-large bowl that's about 8 inches in diameter at the top with a capacity of about 1 1/2 quarts -- the top should just fit inside a 9-inch pie pan (which you'll also need).
- ☐ Line the bowl with plastic wrap, draping excess wrap over the sides. Evenly and firmly pack vanilla ice cream into the bowl. Smooth the surface, and then repeat with strawberry ice cream, yielding two packed layers with a flat surface.
- ☐ Place wafers, rounded side down, in a single even layer over the strawberry ice cream. (Use fewer wafers, if needed.) Cover with plastic wrap, and freeze until very firm, at least 8 hours.
- ☐ Preheat oven to 500 degrees F.
- ☐ To make the meringue, set out all measured ingredients.
- ☐ Combine egg whites and cream of tartar in a large bowl. Beat with an electric mixer set at high speed until fluffy and slightly stiff, about 3 minutes. While still beating the mixture, gradually add sugar, no-calorie sweetener, and vanilla extract. Continue beating until mixture is fully blended and stiff peaks form, 2 to 3 minutes. Set aside.
- ☐ Remove bowl from the freezer and uncover.
- ☐ Place a 9-inch pie pan firmly over the bowl, upside down, and carefully flip so the pie pan is on the bottom. Gently tug on the plastic wrap to release the ice cream from the bowl, leaving the ice cream in the pie pan.
- ☐ Remove the plastic wrap.
- ☐ Quickly and evenly spread meringue over the ice cream mound, swirling to form peaks.
- ☐ Place pie pan on a large baking sheet.
- ☐ Bake in the oven until meringue is cooked through and lightly browned, about 3 minutes.

- ☐
- Cut into 8 slices and enjoy! (P.S. Freeze leftovers... and enjoy them frozen!)

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Nutrition Facts



Properties

Glycemic Index:32.26, Glycemic Load:20.75, Inflammation Score:-3, Nutrition Score:7.0278261958257%

Nutrients (% of daily need)

Calories: 274.49kcal (13.72%), Fat: 10.33g (15.88%), Saturated Fat: 5.76g (35.99%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 40.97g (14.9%), Sugar: 25.56g (28.4%), Cholesterol: 31.47mg (10.49%), Sodium: 135.37mg (5.89%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 4.8g (9.61%), Vitamin D: 7.47µg (49.79%), Vitamin B2: 0.39mg (22.86%), Calcium: 103.04mg (10.3%), Phosphorus: 90.02mg (9%), Vitamin A: 436.82IU (8.74%), Vitamin B5: 0.71mg (7.09%), Folate: 26.82µg (6.71%), Vitamin B12: 0.37µg (6.09%), Vitamin B1: 0.09mg (5.7%), Potassium: 178.92mg (5.11%), Vitamin E: 0.7mg (4.67%), Zinc: 0.64mg (4.26%), Vitamin C: 2.84mg (3.44%), Fiber: 0.81g (3.25%), Magnesium: 11.57mg (2.89%), Vitamin B6: 0.05mg (2.63%), Selenium: 1.56µg (2.22%), Vitamin B3: 0.43mg (2.13%), Iron: 0.34mg (1.89%), Manganese: 0.03mg (1.52%), Copper: 0.02mg (1.21%)