



Coffee Baked Alaska with Mocha Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



615 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons rum / brandy / coffee liqueur
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large egg whites
- ☐ 1 quart whipped cream softened
- ☐ 10.8 ounce round cake frozen
- ☐ 10 ounces bittersweet chocolate chopped
- ☐ 1.5 cups strong coffee decoction brewed
- ☐ 0.3 cup sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ loaf pan

Directions

- ☐ Line 9x5x2 1/2-inch metal loaf pan with plastic wrap, leaving overhang. Spoon ice cream into prepared pan, spreading evenly and smoothing top.
- ☐ Cut cake horizontally in half. Arrange 1 cake piece, cut side down, atop ice cream and against 1 corner of pan.
- ☐ Cut remaining cake piece into strips and arrange in pan to cover ice cream completely. Cover with overhanging plastic and freeze until firm, at least 4 hours.
- ☐ Uncover cake. Invert onto metal or other ovenproof platter. Freeze while preparing meringue. Beat egg whites in large bowl until foamy.
- ☐ Add cream of tartar. Beat until soft peaks form. Beat in liqueur. Gradually add sugar, beating until stiff glossy peaks form.
- ☐ Spread meringue over cake, covering cake completely and sealing meringue to platter. Freeze overnight.
- ☐ Combine coffee and semisweet chocolate in heavy small saucepan. Stir over medium-low heat until mixture is smooth. Increase heat to medium. Simmer until sauce thickens, about 2 minutes. Cool slightly. Stir in coffee liqueur. (Can be prepared 3 days ahead. Keep cake frozen. Cover sauce and refrigerate; rewarm sauce over medium-low heat before serving.)
- ☐ Position rack in center of oven and preheat to 500°F for 20 minutes.
- ☐ Bake dessert until meringue is lightly browned and just set, about 3 minutes.
- ☐ Cut baked Alaska into slices; arrange on plates. Spoon warm sauce around dessert and serve.

Nutrition Facts



 PROTEIN 6.7%  FAT 40.86%  CARBS 52.44%

Properties

Glycemic Index:16.39, Glycemic Load:22.34, Inflammation Score:-6, Nutrition Score:13.205652200657%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.02mg,
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin:
0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 614.74kcal (30.74%), Fat: 27.69g (42.6%), Saturated Fat: 16.15g (100.93%), Carbohydrates: 79.96g
(26.65%), Net Carbohydrates: 76.11g (27.68%), Sugar: 62.26g (69.17%), Cholesterol: 93.03mg (31.01%), Sodium:
364.22mg (15.84%), Alcohol: 0.81g (100%), Alcohol %: 0.39% (100%), Caffeine: 48.25mg (16.08%), Protein: 10.22g
(20.44%), Vitamin B2: 0.51mg (30.09%), Manganese: 0.57mg (28.58%), Phosphorus: 272.35mg (27.23%), Copper:
0.5mg (24.93%), Magnesium: 86.27mg (21.57%), Calcium: 202.19mg (20.22%), Iron: 3.41mg (18.93%), Selenium:
11.92µg (17.03%), Fiber: 3.85g (15.41%), Potassium: 538.35mg (15.38%), Zinc: 1.96mg (13.1%), Vitamin A: 574.4IU
(11.49%), Vitamin B5: 1.12mg (11.2%), Vitamin B1: 0.16mg (10.62%), Vitamin B12: 0.63µg (10.52%), Vitamin B3: 1.27mg
(6.36%), Folate: 25.37µg (6.34%), Vitamin B6: 0.09mg (4.5%), Vitamin E: 0.66mg (4.4%), Vitamin K: 3.03µg (2.88%),
Vitamin D: 0.31µg (2.09%)