



Festive baked Alaska

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



8

CALORIES



448 kcal

SIDE DISH

Ingredients

- 300 g whipped cream
- 200 g cherries black
- 400 g whipped cream
- 5 egg whites
- 200 g sugar
- 400 g round cake (with icing removed)

Equipment

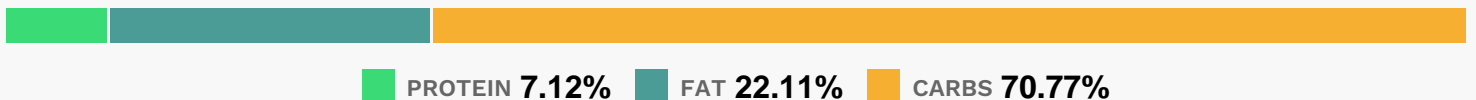
- bowl

- baking sheet
- oven
- whisk

Directions

- Line a 900ml pudding basin or deep cereal bowl with a double layer of cling film. Scoop the caramel ice cream into the bowl, patting it down well. Top with the conserve, followed by the vanilla ice cream. Pat down firmly, cover with cling film and freeze for at least 2 hrs or, better still, overnight.
- Heat oven to 200C/180C fan/ gas
- Whisk egg whites until stiff, then slowly whisk in the sugar until firm and glossy. Slice the cake and arrange on a baking parchmentlined baking sheet, to make a round the same size as the top of the ice-cream bowl. Press together well to make sure there arent any gaps.
- Lift ice cream out of bowl, remove cling film and turn onto the cake.
- Spread the meringue evenly over the ice cream and cake, making sure there are no gaps.
- Bake for 4-5 mins until nicely coloured.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.76, Glycemic Load:30.44, Inflammation Score:-4, Nutrition Score:7.7726086637248%

Flavonoids

Cyanidin: 7.55mg, Cyanidin: 7.55mg, Cyanidin: 7.55mg, Cyanidin: 7.55mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 447.88kcal (22.39%), Fat: 11.14g (17.13%), Saturated Fat: 6.35g (39.7%), Carbohydrates: 80.19g (26.73%), Net Carbohydrates: 78.8g (28.65%), Sugar: 65.18g (72.43%), Cholesterol: 89.5mg (29.83%), Sodium: 412.88mg (17.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.07g (16.14%), Vitamin B2: 0.44mg (25.87%), Phosphorus: 168.44mg (16.84%), Calcium: 151.81mg (15.18%), Selenium: 10.02µg (14.32%), Vitamin B1: 0.16mg (10.99%), Vitamin A: 461.38IU (9.23%), Potassium: 310.19mg (8.86%), Iron: 1.56mg (8.65%), Vitamin B5: 0.83mg (8.33%), Vitamin B12: 0.48µg (7.97%), Folate: 29.63µg (7.41%), Manganese: 0.13mg (6.63%), Zinc: 0.88mg (5.9%), Magnesium: 22.56mg (5.64%), Vitamin B3: 1.12mg (5.62%), Fiber: 1.39g (5.55%), Vitamin B6: 0.08mg (4.06%), Copper: 0.07mg (3.61%), Vitamin C: 2.28mg (2.76%), Vitamin E: 0.4mg (2.67%), Vitamin D: 0.28µg (1.83%)