



Holiday Baked Alaska

READY IN



510 min.

SERVINGS



16

CALORIES



798 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 8 oz bittersweet chocolate
- ☐ 1 cup butter
- ☐ 1.5 quarts ice-cream chocolate shell softened
- ☐ 0.3 teaspoon cream of tartar
- ☐ 8 egg whites room temperature
- ☐ 4 eggs
- ☐ 1.3 cup flour all-purpose
- ☐ 2 cups whipped cream softened (1 pint)

- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 cups sugar
- ☐ 2 teaspoons vanilla
- ☐ 1.5 quarts whipped cream softened

Equipment

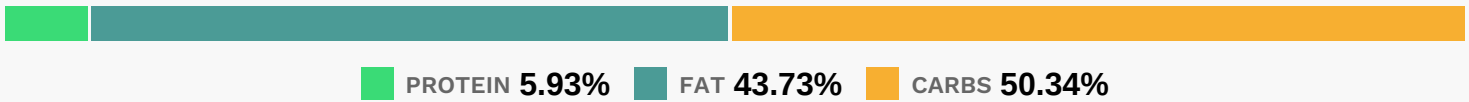
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ double boiler
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ microwave

Directions

- ☐ Line a 3-quart bowl with plastic wrap. Fill base of bowl with peppermint ice cream; layer with mint chocolate chip ice cream, then finish with a layer of vanilla ice cream. Cover surface with plastic wrap and freeze until ice cream is very hard, at least 4 hours or up to 24 hours in advance.
- ☐ Heat oven to 350F. Spray 9-inch cake pan with cooking spray, line the bottom of the pan with parchment paper and spray parchment paper with nonstick cooking spray.
- ☐ Place butter and chocolate in a medium glass bowl over a saucepan of hot water (or a double boiler) and stir the butter and chocolate until melted. This can also be done in a microwave by placing butter and chocolate in microwave-safe medium glass bowl and microwaving on High for 1 to 2 minutes or until melted, stirring once. Set aside to cool

- ☐ In a separate large bowl, whisk the eggs, sugar and vanilla until well combined. In another medium bowl, whisk the flour, baking powder and salt until combined.
- ☐ Add the cooled chocolate mixture to the eggs and whisk to combine.
- ☐ Add the flour to the chocolate mixture and whisk to combine.
- ☐ Pour into cake pan.
- ☐ Bake 50 minutes to 1 hour until toothpick inserted in center comes out clean.
- ☐ When the brownie is completely cool, about 1 hour. Turn brownie out onto a large flat, ovenproof plate. Unmold the ice cream dome on top of the brownie layer.
- ☐ Place back in the freezer.
- ☐ With electric mixer fitted with the whisk attachment, whip the egg whites and cream of tartar for 2 minutes on medium-high speed. Increase the speed to high and add the sugar in a slow stream until stiff, glossy peaks form.
- ☐ Remove ice cream dome from freezer.
- ☐ Remove plastic wrap. Cover the ice cream dome with the meringue, covering it completely, using the back of spoon to make swirly peaks. Freeze for at least 3 hours or up to 2 days.
- ☐ Heat the oven to 500F.
- ☐ Bake for 3 to 5 minutes or until the peaks start to turn a golden brown color. For easier slicing, let cake stand for 30 minutes. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:33.07, Glycemic Load:58.31, Inflammation Score:-7, Nutrition Score:14.141304316728%

Nutrients (% of daily need)

Calories: 798.38kcal (39.92%), Fat: 39.56g (60.86%), Saturated Fat: 23.95g (149.7%), Carbohydrates: 102.44g (34.15%), Net Carbohydrates: 99.24g (36.09%), Sugar: 87.72g (97.46%), Cholesterol: 148.74mg (49.58%), Sodium: 384.58mg (16.72%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Caffeine: 14.85mg (4.95%), Protein: 12.07g (24.14%), Vitamin B2: 0.61mg (35.79%), Phosphorus: 285.76mg (28.58%), Calcium: 267.42mg (26.74%), Vitamin A: 1233.09IU (24.66%), Selenium: 15.36µg (21.94%), Manganese: 0.39mg (19.74%), Magnesium: 70.94mg (17.73%), Copper: 0.35mg (17.47%), Potassium: 573.45mg (16.38%), Iron: 2.53mg (14.03%), Vitamin B5: 1.4mg (14.01%), Vitamin B12: 0.83µg (13.81%), Fiber: 3.2g (12.8%), Zinc: 1.85mg (12.32%), Vitamin B1: 0.17mg (11.16%), Folate: 43.52µg

(10.88%), Vitamin E: 1.12mg (7.44%), Vitamin B6: 0.13mg (6.42%), Vitamin B3: 1.05mg (5.25%), Vitamin D: 0.61µg (4.05%), Vitamin K: 2.66µg (2.53%), Vitamin C: 1.25mg (1.52%)