



## Individual Chocolate Raspberry Baked Alaskas



Gluten Free



Low Fod Map

READY IN



300 min.

SERVINGS



6

CALORIES



745 kcal

SIDE DISH

### Ingredients

- ☐ 4 oz fine-quality bittersweet chocolate unsweetened chopped (not )
- ☐ 8 large egg whites
- ☐ 6 servings raspberry ice cream softened
- ☐ 0.1 teaspoon salt
- ☐ 2.3 cups sugar
- ☐ 0.5 cup butter unsalted cut into tablespoon pieces
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 3 large eggs whole

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ wax paper

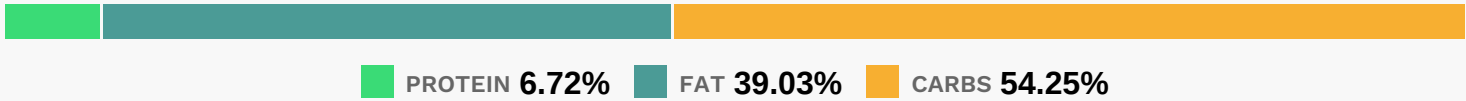
## Directions

- ☐ Preheat oven to 375°F. Butter an 8-inch square baking pan, then line bottom with wax paper and butter paper.
- ☐ Melt chocolate and butter in a metal bowl set over a saucepan of barely simmering water, stirring, until smooth.
- ☐ Remove bowl from pan and whisk 3/4 cup sugar into chocolate mixture.
- ☐ Whisk in whole eggs and salt, then sift cocoa over and whisk until just combined.
- ☐ Pour batter into baking pan, spreading evenly, and bake in middle of oven until a tester comes out with a few crumbs adhering, 20 to 25 minutes. Cool cake in pan on a rack 5 minutes, then invert onto rack and cool completely.
- ☐ Cut cake into 6 equal pieces, then arrange 1 piece in each gratin dish, trimming to fit. Top each piece of cake with a large scoop of ice cream (about 1/2 cup), then freeze, covered, just until ice cream is hard, about 25 minutes (do not let ice cream become rock hard unless making ahead — see cooks' note, below).
- ☐ Preheat oven to 450°F.
- ☐ Beat egg whites and a pinch of salt with an electric mixer until they just hold soft peaks.
- ☐ Add remaining 1 1/2 cups sugar a little at a time, beating at high speed, and continue beating until whites just hold stiff, glossy peaks, about 5 minutes in a standing mixer or about 12

minutes with a handheld.

- ☐ Remove gratin dishes from freezer and mound meringue over ice cream and cake, spreading to edge of gratin dish.
- ☐ Bake on a baking sheet in middle of oven until golden brown, about 6 minutes.
- ☐ Serve immediately.
- ☐ · Ice cream and cake can be frozen in gratin dishes, covered, up to 1 day.
- ☐ Let soften at room temperature 15 minutes before covering with meringue. · The egg whites in this recipe will not be fully cooked, which may be of concern if salmonella is a problem in your area.

## Nutrition Facts



## Properties

Glycemic Index:21.85, Glycemic Load:61.58, Inflammation Score:-6, Nutrition Score:13.07260870804%

## Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 745.4kcal (37.27%), Fat: 33.52g (51.57%), Saturated Fat: 19.72g (123.27%), Carbohydrates: 104.85g (34.95%), Net Carbohydrates: 100.22g (36.44%), Sugar: 96.32g (107.02%), Cholesterol: 163.84mg (54.61%), Sodium: 216.01mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 32.74mg (10.91%), Protein: 12.98g (25.96%), Vitamin B2: 0.51mg (30.18%), Selenium: 20.91µg (29.88%), Copper: 0.56mg (27.95%), Manganese: 0.55mg (27.32%), Phosphorus: 231.68mg (23.17%), Magnesium: 86.48mg (21.62%), Fiber: 4.63g (18.5%), Vitamin A: 895.04IU (17.9%), Iron: 2.76mg (15.36%), Potassium: 459.7mg (13.13%), Calcium: 127.77mg (12.78%), Zinc: 1.8mg (12.03%), Vitamin B12: 0.59µg (9.76%), Vitamin B5: 0.95mg (9.46%), Vitamin E: 1.02mg (6.79%), Vitamin D: 0.92µg (6.11%), Folate: 19.67µg (4.92%), Vitamin B6: 0.09mg (4.59%), Vitamin B1: 0.05mg (3.43%), Vitamin K: 3.14µg (2.99%), Vitamin B3: 0.46mg (2.32%)