



Inside-out Alaska



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



232 kcal

SIDE DISH

Ingredients

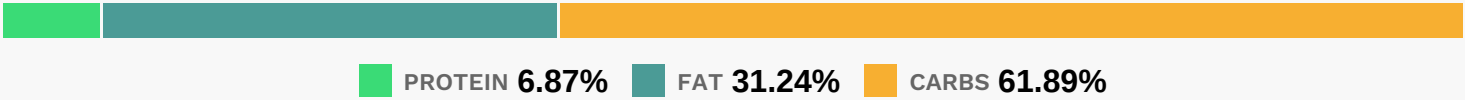
- ☐ 2 slices round cake thick
- ☐ 2 tbsp fruit
- ☐ 2 scoops whipped cream
- ☐ 2 frangelico
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Equipment

Directions

☐ Sit the meringue nests on 2 serving plates. Roughly chop up the madeira cake and arrange on top of the meringue nests. Spoon over the compote and top with a scoop of ice cream.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:9.22, Inflammation Score:-3, Nutrition Score:4.7299999983414%

Nutrients (% of daily need)

Calories: 232.04kcal (11.6%), Fat: 8.08g (12.44%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 35.19g (12.8%), Sugar: 26.66g (29.63%), Cholesterol: 59.64mg (19.88%), Sodium: 240.44mg (10.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin B2: 0.24mg (14.27%), Phosphorus: 112.17mg (11.22%), Calcium: 106.22mg (10.62%), Vitamin A: 368.7IU (7.37%), Vitamin B1: 0.1mg (6.78%), Selenium: 3.92µg (5.6%), Vitamin B12: 0.33µg (5.49%), Vitamin B5: 0.53mg (5.33%), Iron: 0.92mg (5.12%), Potassium: 174.19mg (4.98%), Folate: 17.7µg (4.42%), Zinc: 0.62mg (4.14%), Manganese: 0.07mg (3.61%), Vitamin B3: 0.71mg (3.57%), Fiber: 0.85g (3.39%), Magnesium: 13.28mg (3.32%), Vitamin B6: 0.05mg (2.48%), Copper: 0.04mg (2.24%), Vitamin E: 0.27mg (1.8%), Vitamin D: 0.19µg (1.28%)