



Lemon Meringue Baked Alaska

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 4 large egg whites
- ☐ 1 tablespoon lemon rind grated
- ☐ 2 cups lemon sorbet softened
- ☐ 2 cups whipped cream low-fat softened
- ☐ 1 cup sugar
- ☐ 32 vanilla wafers
- ☐ 0.3 cup water

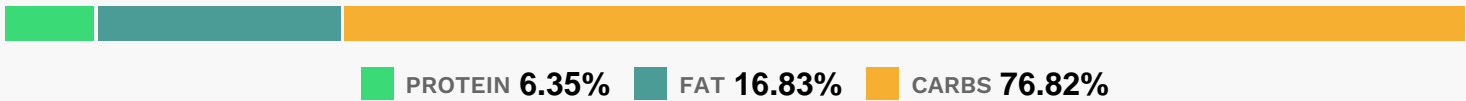
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ broiler
- ☐ candy thermometer

Directions

- ☐ Line bottom and sides of a 9-inch deep-dish pie plate with wafers; set aside.
- ☐ Place softened ice cream and sorbet in a large bowl; beat with a mixer at medium speed until smooth. Spoon mixture into prepared pie plate; place in freezer.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- ☐ Combine sugar and water in a small saucepan; bring to a boil. Cook, without stirring, until a candy thermometer registers 23
- ☐ Pour hot sugar syrup in a thin stream over egg whites, beating at medium speed. Increase speed to high; beat until stiff peaks form. Fold in rind.
- ☐ Spread over ice cream. Loosely cover, and freeze 4 hours or until firm.
- ☐ Preheat broiler.
- ☐ Broil frozen pie for 1 minute or until meringue is lightly browned.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:34.7, Inflammation Score:-1, Nutrition Score:3.2669565625813%

Nutrients (% of daily need)

Calories: 335.92kcal (16.8%), Fat: 6.33g (9.74%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 64.97g (21.66%), Net Carbohydrates: 63.66g (23.15%), Sugar: 48.97g (54.41%), Cholesterol: 10.5mg (3.5%), Sodium: 180.46mg (7.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.75%), Vitamin B2: 0.23mg (13.52%), Vitamin B1: 0.12mg (8.14%), Calcium: 63.81mg (6.38%), Folate: 24.16µg (6.04%), Selenium: 4.22µg (6.02%), Fiber: 1.32g (5.27%), Phosphorus: 51.78mg (5.18%), Potassium: 127.79mg (3.65%), Vitamin B3: 0.7mg (3.48%), Vitamin A:

170.62IU (3.41%), Vitamin B12: 0.19µg (3.22%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.29mg (1.92%), Magnesium:
7.32mg (1.83%), Vitamin C: 1.42mg (1.73%)