

SIDE DISH

Mango-Raspberry Baked Alaskas

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.00	150 kcal

Mango-Raspberry Baked Alaskas might be a good recipe to expand your side dish recipe box. One portion of this dish contains approximately 4g of protein, 1g of fat, and a total of 150 calories. For \$1.0 per serving, this recipe covers 4% of your daily requirements of vitamins and minerals. This recip...

Ingredients

- ☐ 2 large egg whites
- ☐ 1 cup mango sorbet, slightly softened (see Note)
- ☐ 1 pinch Pinch of salt
- ☐ 4 store-bought dry ladyfingers, halved crosswise
- ☐ 1 cup unsweetened frozen raspberries, thawed
- ☐ 3 tablespoons sugar

EQUIPMENT Food processor, Bowl, Baking sheet, Oven, Sieve, Plastic wrap, Ramekin, Broiler, Spatula

Method

- 1

In a food processor, puree the raspberries with 1 tablespoon of the sugar. Using a rubber spatula, pass the puree through a fine strainer into a small bowl. Dip each ladyfinger half in the raspberry puree and turn to coat thoroughly.
- 2

Lay 2 halves side by side on the bottom of each of four 3/4-cup ramekins. Spoon the remaining raspberry puree over the ladyfingers and let stand for 10 minutes to soften.
- 3

Spoon 1/4 cup of the mango sorbet into each ramekin and spread it over the ladyfingers in an even layer. Cover the ramekins with plastic wrap and freeze until firm, about 30 minutes.
- 4

In a medium bowl, beat the egg whites and salt at high speed until soft peaks form.

- 5 Sprinkle 1 tablespoon of the sugar over the whites and beat until incorporated.
- 6 Sprinkle the remaining 1 tablespoon of sugar over the whites and beat until firm and glossy. Spoon the whites on top of the mango sorbet, making decorative swirls. Freeze until firm, about 3 hours.
- 7 Preheat the broiler. Set the ramekins on a baking sheet and broil about 5 inches from the heat until the meringues are evenly browned.
- 8 Serve the baked Alaskas immediately.
- 9 Notes: One Serving: 196 calories, 1 gm total fat, 4 gm saturated fat, 44 gm carb. The F&W test kitchen especially likes Ciao Bella mango sorbet (800-435-2863 or www.ciaobellagelato.com).

Nutrition per serving

150 KCAL	4 g PROTEIN	1 g FAT	30 g CARBS
Saturated Fat			0.4 g · 2% of daily needs
Fibre			2.9 g · 11% of daily needs
Sugar			18.3 g · 20% of daily needs
Sodium			81.4 mg · 4% of daily needs
Cholesterol			24.3 mg · 8% of daily needs
Vitamin C			7.9 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/mango-raspberry-baked-alaskas-148229