



Not-Baked" Alaska

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



221 kcal

SIDE DISH

Ingredients

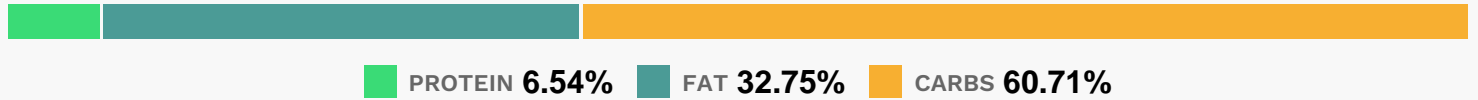
- 2 cups ice-cream chocolate shell softened (1 pt.)
- 0.3 cup baker's angel flake coconut toasted
- 12 oz round cake prepared
- 8 oz cool whip whipped topping thawed

Equipment

Directions

- Cut cake horizontally into 3 even layers.
- Place bottom cake layer on serving plate; spread with 1 cup of the ice cream. Repeat layers of cake and ice cream. Cover with top cake layer.
- Frost sides and top of cake with whipped topping; sprinkle with coconut.
- Serve immediately. Or, store in freezer until ready to serve.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:3.56, Inflammation Score:-2, Nutrition Score:4.2365217519843%

Nutrients (% of daily need)

Calories: 220.51kcal (11.03%), Fat: 8.16g (12.56%), Saturated Fat: 5.85g (36.54%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 33.22g (12.08%), Sugar: 24.7g (27.44%), Cholesterol: 44.13mg (14.71%), Sodium: 249.12mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.33%), Vitamin B2: 0.17mg (9.72%), Phosphorus: 96.01mg (9.6%), Manganese: 0.17mg (8.34%), Iron: 1.26mg (7.02%), Calcium: 69.24mg (6.92%), Selenium: 4.69µg (6.7%), Vitamin B1: 0.1mg (6.64%), Folate: 21.08µg (5.27%), Potassium: 133.86mg (3.82%), Copper: 0.08mg (3.8%), Vitamin B3: 0.75mg (3.76%), Magnesium: 14.9mg (3.72%), Vitamin A: 179IU (3.58%), Vitamin B12: 0.2µg (3.39%), Fiber: 0.83g (3.33%), Vitamin B5: 0.33mg (3.26%), Zinc: 0.39mg (2.61%), Vitamin B6: 0.04mg (2.16%), Vitamin E: 0.28mg (1.89%)