



Orange Baked Alaska

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



263 min.

SERVINGS



6

CALORIES



122 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon cream of tartar
- 3 egg whites
- 1 pint orange sherbet
- 3 oranges
- 6 tablespoons sugar white

Equipment

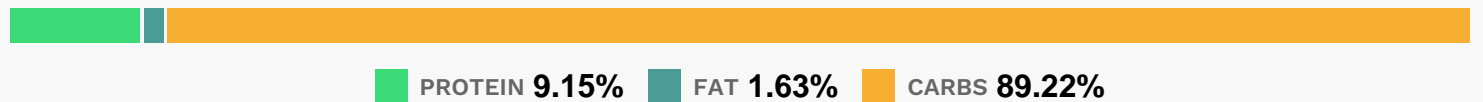
- bowl
- baking sheet

- oven
- knife
- hand mixer

Directions

- Scoop the orange sherbet into 6 balls and place them on a plate. Freeze until very firm, at least 4 hours.
- Slice the oranges in half across the center and cut around the edges with a small knife.
- Remove the fruit and membrane, reserving the fruit and peel shells. Chop the orange sections and place them in the bottoms of the shells.
- Preheat the oven to 450 degrees F (220 degrees C). In a clean glass or metal bowl, whip egg whites with an electric mixer until foamy.
- Mix in cream of tartar and gradually beat in the sugar while continuing to whip until stiff and glossy.
- Place the orange shells on a baking sheet and place a ball of sherbet into each one. Cover the sherbet with meringue, sealing to the edges of the orange peel.
- Bake for 5 minutes in the preheated oven, until browned.
- Remove and serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.85, Glycemic Load:14.14, Inflammation Score:-6, Nutrition Score:8.084782415758%

Flavonoids

Hesperetin: 39.34mg, Hesperetin: 39.34mg, Hesperetin: 39.34mg, Hesperetin: 39.34mg Naringenin: 22.12mg, Naringenin: 22.12mg, Naringenin: 22.12mg, Naringenin: 22.12mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 122.17kcal (6.11%), Fat: 0.24g (0.36%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 25.71g (9.35%), Sugar: 25.58g (28.42%), Cholesterol: 0mg (0%), Sodium: 25.08mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin C: 76.8mg (93.09%), Fiber: 3.46g (13.86%), Folate: 43.91µg (10.98%), Potassium: 306.61mg (8.76%), Vitamin B1: 0.13mg (8.41%), Vitamin B2: 0.13mg (7.4%), Vitamin A: 324.82IU (6.5%), Calcium: 58.93mg (5.89%), Selenium: 3.79µg (5.42%), Vitamin B6: 0.09mg (4.37%), Magnesium: 16.09mg (4.02%), Vitamin B5: 0.39mg (3.89%), Copper: 0.07mg (3.47%), Phosphorus: 22.47mg (2.25%), Vitamin B3: 0.42mg (2.11%), Manganese: 0.04mg (1.92%), Vitamin E: 0.26mg (1.73%)