



Peach Baked Alaskas with Spiced Peaches and Raspberries



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



548 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 8 large egg whites
- ☐ 1 quart pints peach ice cream
- ☐ 8 servings spiced peaches and raspberries
- ☐ 16 ounce all-butter pound cake frozen thawed
- ☐ 1 cup powdered sugar

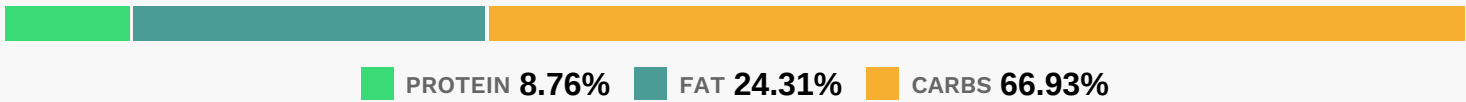
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Cut pound cake on diagonal into eight 1/2-inch-thick slices. Using 3 1/4-inch-diameter cookie cutter, cut out 1 round from each slice; top each with 1 scoop ice cream.
- ☐ Transfer to baking sheet. Freeze until firm, about 1 hour.
- ☐ Beat egg whites and cream of tartar in large bowl until soft peaks form. Gradually add sugar; beat until stiff peaks form, about 4 minutes.
- ☐ Transfer 1 cake-ice cream piece to work surface.
- ☐ Spread 1 scant cup meringue over, swirling to make peaks and covering completely. Return to sheet in freezer. Repeat with remaining cake-ice cream pieces and meringue. Freeze until firm, about 3 hours. (Can be made 1 day ahead. Keep frozen.)
- ☐ Preheat oven to 450°F.
- ☐ Bake until meringue is light golden, about 5 minutes.
- ☐ Serve with Spiced Peaches and Raspberries.

Nutrition Facts



Properties

Glycemic Index:12.66, Glycemic Load:21.72, Inflammation Score:-7, Nutrition Score:13.103478099989%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 548.05kcal (27.4%), Fat: 15g (23.08%), Saturated Fat: 8.52g (53.22%), Carbohydrates: 92.92g (30.97%), Net Carbohydrates: 89.56g (32.57%), Sugar: 73.38g (81.53%), Cholesterol: 109.88mg (36.63%), Sodium: 522.5mg (22.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.33%), Vitamin B2: 0.63mg (37.1%), Selenium: 17.13µg (24.47%), Phosphorus: 239.84mg (23.98%), Vitamin A: 1074.33IU (21.49%), Calcium: 199.57mg (19.96%), Potassium: 544.1mg (15.55%), Vitamin B1: 0.22mg (14.91%), Fiber: 3.36g (13.45%), Vitamin B5: 1.25mg (12.51%), Vitamin B3: 2.48mg (12.38%), Iron: 2.2mg (12.21%), Manganese: 0.22mg (11.22%), Folate: 42.88µg (10.72%), Vitamin E: 1.59mg (10.57%), Vitamin B12: 0.63µg (10.45%), Zinc: 1.46mg (9.75%), Magnesium: 38.43mg (9.61%), Copper: 0.19mg (9.41%), Vitamin C: 6.86mg (8.31%), Vitamin B6: 0.13mg (6.27%), Vitamin K: 4.97µg (4.73%), Vitamin D: 0.35µg (2.33%)