



Quick Individual Baked Alaskas



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon cream of tartar
- ☐ 4 single-serving dessert sponge cakes
- ☐ 4 egg whites
- ☐ 4 scoops strawberry ice cream
- ☐ 0.5 cup sugar

Equipment

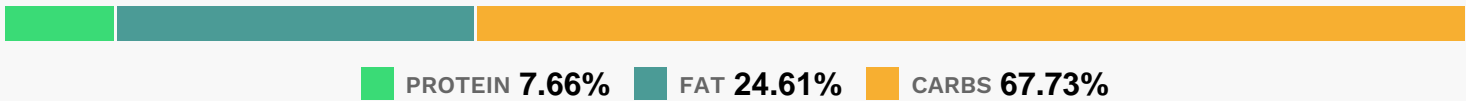
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 45
- ☐ Flatten four paper baking cups and place in a shallow baking pan. Center one single-serving dessert sponge cake (the type sold for making individual strawberry shortcakes) on each paper circle.
- ☐ Place a generous scoop of strawberry ice cream on each cake. Freeze at least 30 minutes; wrap airtight if freezing longer than a few hours.
- ☐ In a large bowl, with an electric mixer on high speed, beat 4 egg whites with 1/2 teaspoon cream of tartar until foamy. Gradually beat in 1/2 cup sugar, a tablespoon at a time, until stiff, glossy peaks form.
- ☐ Spread meringue evenly over each cake and ice cream, sealing meringue to paper.
- ☐ Sprinkle evenly with about 1 tablespoon chopped toasted nuts or shredded coconut, if desired.
- ☐ Bake until lightly browned, 2 to 3 minutes.
- ☐ Transfer to plates and serve immediately with sweetened sliced fruit or your favorite ice cream topping.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:6.2791304005229%

Nutrients (% of daily need)

Calories: 393.05kcal (19.65%), Fat: 11.01g (16.93%), Saturated Fat: 4.83g (30.19%), Carbohydrates: 68.16g (22.72%), Net Carbohydrates: 67.22g (24.44%), Sugar: 40.42g (44.92%), Cholesterol: 20mg (6.67%), Sodium: 230.46mg (10.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.41%), Vitamin B2: 0.41mg (24.05%), Selenium: 12.99µg (18.56%), Calcium: 137.48mg (13.75%), Phosphorus: 110.51mg (11.05%), Potassium: 276.2mg (7.89%), Vitamin B1: 0.11mg (7.39%), Manganese: 0.14mg (7.06%), Folate: 25.46µg (6.36%), Vitamin C: 5.17mg (6.26%), Vitamin B5: 0.61mg (6.11%), Iron: 0.84mg (4.68%), Vitamin A: 233.56IU (4.67%), Magnesium: 17.71mg (4.43%), Vitamin B12:

0.26µg (4.32%), Vitamin B3: 0.8mg (4.01%), Fiber: 0.94g (3.76%), Copper: 0.06mg (2.96%), Zinc: 0.38mg (2.5%),
Vitamin B6: 0.04mg (2.18%), Vitamin K: 2.19µg (2.09%)