



Rocky Road Horror Picture Show Baked Alaska

 Dairy Free

READY IN



1125 min.

SERVINGS



16

CALORIES



426 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.1 teaspoon cream of tartar
- ☐ 1 eggs
- ☐ 8 egg whites
- ☐ 2 quarts rocky road ice cream
- ☐ 0.1 teaspoon salt
- ☐ 18.3 ounce duncan hines classic decadent cake mix white

☐ 1 cup sugar white

Equipment

☐ baking sheet

☐ baking paper

☐ oven

☐ hand mixer

Directions

☐ Line the bottom and sides of a deep 8-inch square container with parchment paper.

☐ Spread the ice cream into the container, packing firmly. Cover and freeze for 8 hours or until firm.

☐ Preheat the oven to 350 degrees F. Line 2 cookie sheets with parchment paper.

☐ Line a cookie sheet with parchment paper. Prepare the cake mix with egg and almond extract.

☐ Pour onto 1 of the prepared cookie sheets.

☐ Bake according to the package instructions, or until the center of the cake springs back when lightly touched. Allow to cool.

☐ When the cake has cooled, slice an 8 by 8-inch piece of cake and place in the center of the second prepared cookie sheet.

☐ Remove the remaining edges of cake and discard.

☐ Using an electric mixer, beat the egg whites with cream of tartar, salt, and sugar until stiff peaks form.

☐ Turn the molded ice cream out onto the cake. Quickly spread the beaten egg whites over the cake and ice cream, spreading all the way to the parchment paper to seal. Return to the freezer for 2 hours.

☐ Preheat oven to 425 degrees F.

☐ Bake the Alaska on the lowest shelf until the meringue is lightly browned, 8 to 10 minutes.

☐ Serve immediately.

Nutrition Facts



 PROTEIN **6.97%**  FAT **30.56%**  CARBS **62.47%**

Properties

Glycemic Index:8.19, Glycemic Load:25.25, Inflammation Score:-4, Nutrition Score:7.8613042831421%

Nutrients (% of daily need)

Calories: 425.8kcal (21.29%), Fat: 14.53g (22.36%), Saturated Fat: 8.75g (54.68%), Carbohydrates: 66.85g (22.28%), Net Carbohydrates: 65.66g (23.88%), Sugar: 51.31g (57.01%), Cholesterol: 62.28mg (20.76%), Sodium: 365.86mg (15.91%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 7.45g (14.91%), Vitamin B2: 0.44mg (25.59%), Phosphorus: 240.89mg (24.09%), Calcium: 224.99mg (22.5%), Selenium: 8.83µg (12.61%), Vitamin A: 512.87IU (10.26%), Vitamin B5: 0.85mg (8.53%), Vitamin B12: 0.5µg (8.32%), Potassium: 288.19mg (8.23%), Vitamin B1: 0.12mg (8.03%), Folate: 30.44µg (7.61%), Zinc: 1.01mg (6.71%), Magnesium: 22.13mg (5.53%), Fiber: 1.18g (4.74%), Vitamin B3: 0.93mg (4.64%), Iron: 0.8mg (4.47%), Vitamin E: 0.67mg (4.43%), Manganese: 0.08mg (3.97%), Vitamin B6: 0.07mg (3.57%), Copper: 0.06mg (3%), Vitamin D: 0.29µg (1.94%), Vitamin K: 1.24µg (1.18%)