



Strawberry and Chocolate Baked Alaska

READY IN



45 min.

SERVINGS



6

CALORIES



688 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 3 large egg whites
- ☐ 2 large eggs
- ☐ 0.1 teaspoon salt
- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 1 pint strawberry ice cream softened
- ☐ 1.5 cups sugar divided
- ☐ 6 tablespoons butter unsalted ()

- ☐ 0.8 ounce chocolate unsweetened chopped
- ☐ 2 tablespoons cocoa powder unsweetened

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ ice cream scoop
- ☐ cutting board

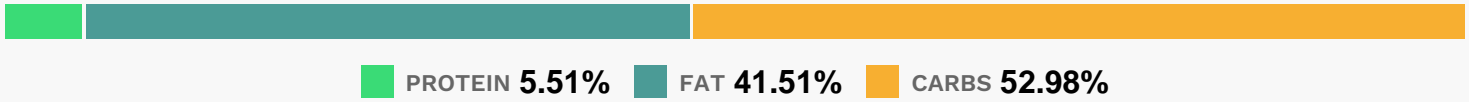
Directions

- ☐ Preheat oven to 350°F. Butter 9x9x2-inch metal baking pan; line bottom with parchment paper. Stir bittersweet chocolate, butter, and unsweetened chocolate in small saucepan over low heat until chocolates melt and mixture is smooth. Cool 10 minutes.
- ☐ Whisk 3/4 cup sugar and eggs in large bowl until well blended, about 1 minute.
- ☐ Whisk in chocolate mixture. Sift flour, cocoa, baking powder, and salt over; stir to blend.
- ☐ Transfer batter to prepared pan.
- ☐ Bake cake until top looks dry and tester inserted into center comes out with some thick sticky batter attached, about 17 minutes. Cool cake in pan to room temperature.
- ☐ Cut around cake in pan.
- ☐ Place cutting board over pan and invert, tapping out cake. Peel off parchment. Using 3-inch round cutter, cut out 6 cake rounds (save remaining cake for another use). Line small baking sheet with parchment paper. Arrange cake rounds on prepared sheet. Using 2 1/4- to 2 1/2-inch-diameter ice cream scoop, place scoop of strawberry ice cream in center of each round,

leaving about 1/4-inch plain border. Freeze until ice cream is solid, about 2 hours.

- ☐ Combine remaining 3/4 cup sugar and egg whites in large metal bowl. Set bowl over saucepan of gently simmering water and whisk until mixture is very warm, about 2 minutes.
- ☐ Remove bowl from over water. Using electric mixer, beat meringue at high speed until very thick and billowy, about 2 minutes.
- ☐ Place baking sheet with cake rounds on work surface. Mound 2 heaping tablespoons meringue atop ice cream on 1 cake round.
- ☐ Spread meringue evenly over to cover, sealing meringue to plain cake border and swirling decoratively. Repeat with remaining desserts. Freeze uncovered on baking sheet until meringue is solid, at least 2 hours and up to 2 days.
- ☐ Preheat oven to 500°F.
- ☐ Transfer desserts still on baking sheet from freezer directly to oven.
- ☐ Bake until meringue is deep brown in spots, turning sheet as needed for even cooking, about 3 minutes.
- ☐ Transfer to plates.

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:38.82, Inflammation Score:-6, Nutrition Score:13.400869576827%

Flavonoids

Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epicatechin: 8.3mg, Epicatechin: 8.3mg, Epicatechin: 8.3mg, Epicatechin: 8.3mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 687.86kcal (34.39%), Fat: 32.76g (50.41%), Saturated Fat: 19.34g (120.9%), Carbohydrates: 94.09g (31.36%), Net Carbohydrates: 89.72g (32.63%), Sugar: 60.57g (67.3%), Cholesterol: 116.67mg (38.89%), Sodium: 188.37mg (8.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 31.05mg (10.35%), Protein: 9.78g (19.55%), Manganese: 0.71mg (35.27%), Copper: 0.59mg (29.62%), Vitamin B2: 0.42mg (24.69%), Phosphorus: 232.62mg (23.26%), Selenium: 15.62µg (22.31%), Magnesium: 86.55mg (21.64%), Iron: 3.5mg (19.43%), Fiber: 4.37g (17.48%), Calcium: 152.93mg (15.29%), Vitamin A: 706.4IU (14.13%), Potassium: 425.51mg (12.16%), Zinc: 1.76mg (11.74%), Vitamin B5: 1mg (9.96%), Folate: 32.61µg (8.15%), Vitamin B12: 0.47µg (7.91%), Vitamin B1: 0.11mg (7.57%), Vitamin C:

6.07mg (7.36%), Vitamin E: 0.69mg (4.58%), Vitamin B3: 0.9mg (4.51%), Vitamin B6: 0.08mg (4.23%), Vitamin D:
0.54µg (3.62%), Vitamin K: 3.48µg (3.31%)