

Strawberry Baked Alaska







SIDE DISH

Ingredients

Ш	0.8 cup cake flour sifted (, then measured)
	6 large egg whites
	4 large eggs
	1 tablespoon poppy seeds
	2 pints raspberry sorbet softened
	1 quart strawberry ice cream softened
	0.8 cup sugar
	6 tablespoons butter unsalted cooled melted ()

0.5 teaspoon vanilla extract

Equipment		
	bowl	
	frying pan	
	baking sheet	
	sauce pan	
	oven	
	whisk	
	plastic wrap	
	hand mixer	
	springform pan	
	tart form	
Directions		
	Preheat oven to 325°F. Spray 9-inch-diameter springform pan with nonstick spray.	
	Whisk eggs, sugar, and vanilla in large metal bowl to blend. Set bowl over saucepan of simmering water (do not allow bowl to touch water); whisk constantly just until mixture is warm, about 2 minutes.	
	Remove bowl from over water. Using electric mixer, beat mixture until very thick and ribbons form when beaters are lifted, about 7 minutes.	
	Add flour in 3 additions, gently folding just to combine after each. Fold in poppy seeds, then quickly fold in butter in 2 additions (do not overfold).	
	Pour batter into prepared pan.	
	Bake cake until top is golden and tester inserted into center comes out clean, about 28 minutes. Cool completely in pan on rack.	
	Remove pan sides.	
	Line 4-quart 10-inch-diameter bowl with plastic wrap, leaving 8-inch overhang.	
	Spread sorbet in even layer over bottom (not sides) of bowl.	
	Spread ice cream over sorbet.	

Place cake atop ice cream, pressing slightly to compact. Cover with plastic wrap overhang; freeze at least 4 hours or overnight.
Using electric mixer, beat egg whites in large bowl until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time; beat until thick and glossy. Beat in vanilla.
Unfold plastic wrap from over cake at top of bowl. Invert dessert onto 9-inch-diameter tart pan bottom; remove plastic wrap. Working quickly, spread meringue over dessert, swirling to form peaks and covering completely. Freeze at least 30 minutes. (Can be made 1 day ahead; keep frozen.)
Preheat oven to 500°F.
Place dessert on its tart pan bottom on heavy large baking sheet.
Bake just until meringue is light golden, about 5 minutes.
Transfer to platter.
Serve immediately.
Nutrition Facts
PROTEIN 8.72% FAT 32.08% CARBS 59.2%
JE100/0

Properties

Glycemic Index:11.84, Glycemic Load:12.4, Inflammation Score:-3, Nutrition Score:6.9613044184187%

Nutrients (% of daily need)

Calories: 412.56kcal (20.63%), Fat: 14.79g (22.76%), Saturated Fat: 8.26g (51.65%), Carbohydrates: 61.42g (20.47%), Net Carbohydrates: 58.87g (21.41%), Sugar: 27.71g (30.79%), Cholesterol: 99.92mg (33.31%), Sodium: 152.47mg (6.63%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 9.05g (18.1%), Vitamin B2: 0.36mg (21.18%), Selenium: 13.26µg (18.95%), Phosphorus: 130.13mg (13.01%), Calcium: 118.9mg (11.89%), Vitamin A: 517.45IU (10.35%), Fiber: 2.54g (10.17%), Manganese: 0.18mg (9.07%), Vitamin B5: 0.9mg (8.99%), Vitamin C: 6.08mg (7.37%), Vitamin B12: 0.41µg (6.86%), Potassium: 213.54mg (6.1%), Folate: 21.36µg (5.34%), Magnesium: 19.57mg (4.89%), Zinc: 0.62mg (4.14%), Vitamin B1: 0.06mg (3.72%), Vitamin B6: 0.07mg (3.68%), Copper: 0.07mg (3.68%), Iron: 0.62mg (3.45%), Vitamin D: 0.44µg (2.92%), Vitamin E: 0.38mg (2.55%), Vitamin B3: 0.25mg (1.26%)