



Strawberry Baked Alaska

READY IN



45 min.

SERVINGS



12

CALORIES



413 kcal

SIDE DISH

Ingredients

- ☐ 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

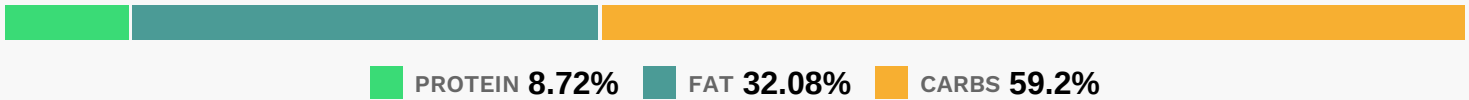
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ springform pan
- ☐ tart form

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



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%)