



## Strawberry Shortcake Baked Alaskan

READY IN



496 min.

SERVINGS



16

CALORIES



163 kcal

DESSERT

### Ingredients

- 2 tsp calumet baking powder
- 4 oz philadelphia cream cheese cubed ()
- 0.1 tsp cream of tartar
- 4 egg whites
- 1 cup flour
- 0.3 cup milk
- 1 cup strawberries fresh sliced
- 4 cups strawberry ice cream softened
- 0.8 cup sugar divided

## Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- aluminum foil

## Directions

- Spoon ice cream into foil-lined 1-1/2-qt. bowl; pack firmly into bowl with back of spoon. Freeze 6 hours or overnight.
- Heat oven to 425F.
- Mix flour, 3 Tbsp. sugar and baking powder in medium bowl.
- Cut in cream cheese with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in milk until mixture forms dough. Pat dough onto bottom of 8-inch round pan sprayed with cooking spray.
- Bake 12 to 13 min. or until lightly browned. Meanwhile, toss strawberries with 1 Tbsp. of the remaining sugar.
- Cool cake 10 min.; remove from pan to wire rack. Cool completely.
- Heat oven to 500F. Beat egg whites and cream of tartar with mixer on high speed 1 min. or until foamy. Gradually add remaining sugar, beating 3 min. or until stiff peaks form.
- Place cake on ovenproof plate; top with strawberries and juice. Unmold ice cream; place, flat-side down, over cake. Frost ice cream with meringue; swirl with back of large spoon.
- Bake on lowest oven rack 3 min. or until meringue is golden brown.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:21.38, Glycemic Load:11.42, Inflammation Score:-2, Nutrition Score:4.0060869714488%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 162.92kcal (8.15%), Fat: 5.52g (8.49%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 25.97g (8.66%), Net Carbohydrates: 25.28g (9.19%), Sugar: 10.38g (11.54%), Cholesterol: 17.34mg (5.78%), Sodium: 123.04mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Vitamin B2: 0.18mg (10.75%), Vitamin C: 7.83mg (9.49%), Calcium: 92.68mg (9.27%), Selenium: 5.58µg (7.96%), Phosphorus: 71.14mg (7.11%), Manganese: 0.12mg (5.8%), Vitamin B1: 0.08mg (5.54%), Folate: 21.35µg (5.34%), Vitamin A: 210.1IU (4.2%), Vitamin B5: 0.36mg (3.57%), Potassium: 117.55mg (3.36%), Iron: 0.56mg (3.09%), Vitamin B3: 0.57mg (2.86%), Fiber: 0.69g (2.76%), Vitamin B12: 0.15µg (2.48%), Magnesium: 9.75mg (2.44%), Zinc: 0.24mg (1.59%), Vitamin B6: 0.03mg (1.58%), Copper: 0.03mg (1.58%)